

LEARN



facts

- Spanish translation: *El brócoli*
- Hmong translation: *Zaub Paj*
- Broccoli heads are made up of little buds that are ready to flower. If a head of broccoli is not picked in time to eat, it will turn into a head of yellow flowers!
- You can also eat the stem and leaves of the broccoli plant.

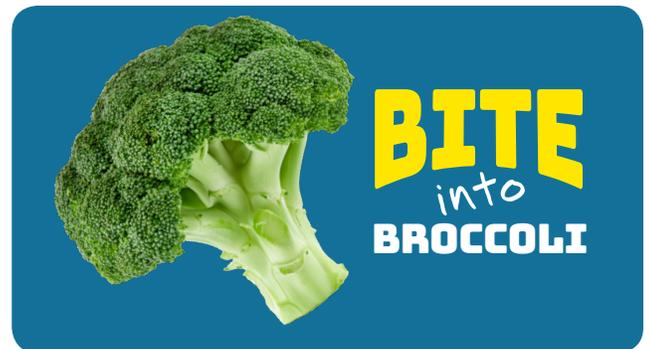


EAT



nutrition & seasonality

- Broccoli has fiber. Fiber keeps us feeling full longer and helps digestion run smoothly.
Share with children: Fiber helps you poop.
- Fresh broccoli grown in Wisconsin is available from July through mid-October.



TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

Give children a piece of raw broccoli and a piece of roasted broccoli.

Ask questions like:

- What does the broccoli taste like?
- What does it look like?
- How do the pieces of broccoli taste — the same or different?
- Which one is your favorite?



FUN



activity: Edible Forest

Broccoli looks like tiny trees! Gather broccoli, cherry tomatoes, spinach, carrots, and other fun vegetables. Let children use the veggies to make an edible forest. After creating their forest, children can try the veggies one by one.

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.



READ



books

- *Up, Down, and Around* by Katherine Ayres
- *Green Beans, Potatoes, and Even Tomatoes* by Brian Cleary
- *Monsters Don't Eat Broccoli* by Barbara Jean Hicks



planting

Plant broccoli by sowing seeds directly in the garden or by transplanting seedlings started in a greenhouse. Broccoli enjoys cool weather. It can be grown in the spring or fall, but it is easily affected by frost. Space seedlings 18-24 inches apart. Broccoli roots grow near the soil surface, so it is important to maintain consistent soil moisture.

harvesting

Harvest broccoli as soon as the head, which is a cluster of unopened flower buds, is a decent size and has a deep green color. Be sure to harvest when the flower buds have swollen but are still tightly closed (before you see yellow flowers!). Cut the main head with a 5-6 inch stem. Removing the central head stimulates the side shoots to develop for later pickings. You can usually continue to harvest broccoli for several weeks.