



# BITE into BROCCOLI

Nutritious • Delicious • Wisconsin!



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# Bite into broccoli at home!

- Add broccoli florets to scrambled eggs or an omelet.
- Pair raw broccoli with a healthy dip like hummus.
- Add fresh or frozen chopped broccoli to pasta or salad.

## Family Fun: Edible Forest

Gather broccoli, cherry tomatoes, spinach, carrots and other fun vegetables. Let kids use the veggies to make an edible forest! Get kids excited about trying broccoli by calling them “tiny trees”. After creating their forest, kids can eat the veggies one by one. Share a picture of your forest using [#WIHarvestoftheMonth](https://www.facebook.com/WIHarvestoftheMonth) on Facebook!

*Make meals and memories together.  
It's a lesson kids will use for life.*



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