



# BROCCOLI

## Eat More Alaska Grown Broccoli

### Nutrients Found in Broccoli:

- Vitamin C – supports the body's immune system and prevents cell damage while making collagen, which makes healthy cartilage.
- Folate – helps make healthy red blood cells, and may help protect against heart disease.
- Dietary fiber – helps maintain healthy weight and lowers risk of heart disease.

### Harvest of the Month Supported By:



*Broccoli grows very well in Alaska, since it likes cool and moist summers. If you don't live in a rainy area, make sure to water your planted broccoli often.*



*Remember to space out planting across several weeks. Broccoli crowns are best when the florets are dark green and tightly clustered.*



*Every part of the broccoli is edible! This includes the leaves and the stem. A half cup of chopped broccoli counts as one serving of vegetables.*