

Broccoli Information Sheet

Today's Farm to School Snack features local broccoli!

While broccoli originated in the Mediterranean region, the broccoli you will be trying today was grown locally at:

in

How Does It Grow?

In Nova Scotia, broccoli seeds are usually started in a greenhouse in early spring. The young plants are then moved to fields in May and ready for harvest in 2-3 months. Broccoli is carefully picked by hand when the groups of green buds are almost ready to flower, but before the yellow blossoms appear. Broccoli looks like a small green tree, with a trunk and leaves. Broccoli can be enjoyed raw, roasted, stir-fried, steamed, microwaved, or boiled.



Fun Facts

- Broccoli is made up of lots of tiny flower buds called "florets."
- Broccoflower is a vegetable that's a mix of broccoli and cauliflower. It has a bright lime green color.
- Most of Nova Scotia's broccoli is grown in the Annapolis Valley.

Around the World

Broccoli originated in the Mediterranean over 2,000 years ago and eventually spread to other parts of Europe and the Americas. When it first arrived in England, it was called "Italian Asparagus" because of its appearance and its Italian roots. In Europe, broccoli is often referred to as "calabrese." Today, China and India are the top producers of broccoli worldwide.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include broccoli.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this tasty green snack!

Find more resources at www.nourishns.ca