

Broccoli can range in color from dark green to a purplish green.

CAULIFLOWER IS A VERY GOOD SOURCE OF FIBER AND AN EXCELLENT SOURCE OF B VITAMINS, VITAMIN C, AND VITAMIN K.

THERE ARE

3

COMMONLY GROWN
TYPES OF BROCCOLI:
CALABRESE BROCCOLI (THE
MOST FAMILIAR SIMPLY
KNOWN AS "BROCCOLI"),
SPROUTING BROCCOLI, AND
PURPLE CAULIFLOWER.

Low in fat and calories

Steam, boil, sauté, roast, microwave or eat broccoli raw.



Choose cauliflower that is clean, tight and compact. Avoid spotted or dull-colored cauliflower as well as those with small flowers.

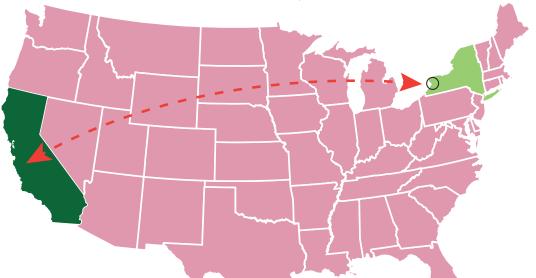
Broccoli

is a good source of fiber and an excellent source of



Broccoli is from the Brassica family, also known as the cabbage family, whose flowering head is eaten as a vegetable.

MOST OF THE NATION'S BROCCOLI AND CAULIFLOWER COMES FROM CALIFORNIA SO IT MUST TRAVEL OVER 2,000 MILES TO REACH BUFFALO.



OUR NEW YORK STATE BROCCOLI AND CAULIFLOWER ONLY HAS TO TRAVEL 20 MILES FROM EDEN TO REACH THE CAFETERIA!

CAULIFLOWER CAN BE WHITE, ORANGE, OR PURPLE

Low in fat and calories



Pick the fresh, brightgreen heads which have compact clusters of tightly closed flowerets. Avoid any with yellowing flowerets and thick, woody stems.