

We are celebrating
broccoli!

**Did you know that
when you eat
broccoli, you are
eating the plant's
flower buds?**



*Try Food Hero's Sesame
Broccoli for a flavor-packed
go-to broccoli recipe.*



**Oregon State
University**



Visit [FoodHero](https://www.foodhero.org) to find more healthy, tasty
recipes that fit your budget!

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