

# OREGON BROCCOLI

The average American eats almost  
six pounds of broccoli per year.

The United States is the  
3rd largest producer of  
broccoli worldwide.



## NUTRIENTS FOUND IN BROCCOLI

- ~ Broccoli is an excellent source of vitamin C, which boosts the immune system.
- ~ Broccoli is an excellent source of vitamin K, which is important for maintaining healthy blood.
- ~ Broccoli is a good source of folate, which may reduce a woman's risk of having a child with a brain or spinal cord defect.

Broccoli is closely related to  
Brussels sprouts, cauliflower,  
cabbage, kale, and kohlrabi.



In Oregon, most broccoli crops are  
harvested between the end of June and  
the end of October.



People eat many variations of  
broccoli: broccoli raab, broccolini,  
romanesco, and purple broccoli to  
name a few!



When you eat broccoli, you are actually  
eating flower buds!



This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Select at 211. USDA is an equal opportunity provider and employer. ©2018 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.