



BROCCOLI

WINTER

SPRING

FALL



ARKANSAS
Farm to School

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Transplant broccoli seedlings that are at least 6 inches (in.) tall to a sunny, fertile, well-drained area of soil in early spring. Plant seedlings 12 to 15 in. apart in a row, allowing 36 in. between rows. For a fall crop, sow seeds at the beginning of August or transplant seedlings at the beginning of September.



PREP

Rinse broccoli with cool water. Trim off any leaves. Cut the broccoli stalk from the crown. Cut away individual florets from the crown and slice into pieces. Peel stalk and cut into pieces. Prepare raw, boiled, steamed, stir-fried, or roasted.



EAT

Boost your breakfast by adding broccoli to frittatas, quiches, and omelets. Broccoli can be an ingredient in casseroles, pasta, stir-fry, slaw, soup, and many other entrées! Pair raw broccoli with a yummy dip or toss it in a salad.



LEARN

Broccoli was first grown as a crop in Italy. Broccoli is a **vegetable** and is a part of the cabbage family. It is packed with nutrients and minerals. Broccoli also has properties that help your body fight cancer!

