



Broccoli

How does broccoli grow?

Broccoli is a fast growing plant that grows 60-90 centimeters tall. The part of the broccoli that we eat is called the bud. If broccoli is left unharvested, these buds grow into yellow flowers. Broccoli is ready to harvest about 60-150 days after planting, depending on the variety and the weather.



Where did broccoli come from?

Broccoli has been around for 2000 years! It was engineered from cabbage, and was grown mainly in Italy. In the 16th century, a royal marriage brought the vegetable to France. When it was first introduced to England, it was called “Italian Asparagus”. In 1922, two immigrants from Italy brought broccoli seeds to California and started growing it. It didn’t become a popular vegetable until after World War II.

Did you know?

The word broccoli comes from the Italian word broccolo which means “the flowering crest of a cabbage”.

You can eat the stalk of broccoli. It’s tasty in stir-fry!

Joke Corner

- What kind of music does broccoli listen to? Broc and Roll!
- What do you call broccoli when it becomes a ghost? Cauliflower!
- How does the broccoli feel about being served for dinner? It was steamed!

Eat a Rainbow

Can you name a vegetable or fruit for every colour of the rainbow? How many can you name?

Red

Orange

Yellow

Green

Blue

Purple

Let's get cooking! Tzatziki Dip

Tzatziki (pronounced tuh-zee-kee) makes a delicious dip for broccoli, other raw veggies, and pita bread.

INGREDIENTS:

- ½ cup plain Greek yogurt
- 1 Tbsp. olive oil
- 2 tsps lemon juice
- ¼ tsp each of salt and pepper
- 1 Tbsp. fresh dill, chopped
- 1 clove garlic, minced
- ½ cucumber, diced

DIRECTIONS:

- Mix all ingredients together in a small bowl and stir until combined.

Chef's tip: if you don't have fresh dill, you can substitute with 1 tsp of dried dill

