**Broccoli Trivia**

* Broccoli originated in the Mediterranean on the island of Cyprus some 2,500 years ago.
* Broccoli has been grown in American for only about 200 years. The first commercially grown crop was grown and harvested in New York, then planted in the 1920s in California.
* Broccoli is a member of the cabbage family, making it a cruciferous vegetable. Its name is derived from the Italian word broccoli, meaning the flowering top of a cabbage. Broccoli is a member of the cabbage family, and a close relative of the cauliflower.
* Broccoli is a good source of Vitamin A, Vitamin C, potassium, folacin, iron and fiber. Broccoli has as much calcium ounce per ounce as milk.
* Thomas Jefferson, one of the founding fathers of the United States, was a fan of broccoli, importing the seeds from Italy to plant at Monticello. He recorded planting the vegetable there as early as 1767.
* On March 18, 1990 President H.W. Bush had broccoli banned from Air Force One. A few days later Apio Produce and the United Fresh Fruit & Vegetable Association sent 20,000 pounds of fresh broccoli from California to the White as a response. Letters from many California broccoli growers accompanied the broccoli. All in an effort to get the president to reconsider his dislike of broccoli and give it another try, and recognize broccoli’s high nutritional value. First Lady Barbara Bush received the shipment in a formal ceremony on the White House Lawn (she liked broccoli). The broccoli was then donated to local food banks.
* December 29, 2006 in the Chicago suburb of Villa Park, thieves stole a semi-tractor filled with broccoli. It was valued at $50,000.
* California produces 90% of our nations broccoli.

Cauliflower

* Broccoli and cauliflower are the only vegetables that are flowers
* Cauliflower originated in the Mediterranean and has been cultivated since the sixth century BC. It was introduced to Spain in the 12th century, Italy in the 15th century and into France in the mid 16th century.
* The cauliflower is actually a flower that hasn’t developed yet.
* The head of a cauliflower is called a curd
* Cauliflowers are used in movie sound effects. Cracking one at the stem stimulates the sound of human bones breaking.
* There are 3 varieties of cauliflower; the common white cauliflower, green and the purple cauliflower. The lack of color on the white cauliflower plant is due to a thick, protective layering of leaves that surround the head, shading the plant from the sun.
* Romanesca cauliflower is a warm weather or late summer cauliflower that is lime green and shaped like an upside down cone.
* Cauliflower is a great source for Vitamin C, Vitamin B6, folate and is low in calories
* Cauliflower is produced mainly in California and New York