

Broccoli is an edible green plant in the cabbage family whose large flower-head is eaten as a vegetable. Broccoli was first introduced to the United States by Italian immigrants, but did not become widely known until the 1920s. It is a cool-weather crop that does poorly in hot summer weather. Broccoli grows best when exposed to an average daily temperature between 64 and 73 °F.

There are three commonly grown types of broccoli. The most familiar is Calabrese broccoli, often referred to simply as "broccoli", named after Calabria in Italy. It has large (10 to 20 cm) green heads and thick stalks. It is a cool season annual crop. Sprouting broccoli has a larger number of heads with many thin stalks. Purple cauliflower is a type of broccoli sold in southern Italy, Spain, and the United Kingdom. It has a head shaped like cauliflower, but consisting of tiny flower buds.

It sometimes, but not always, has a purple cast to the tips of the flower buds.

BROCCOLI



A 100 gram serving of raw broccoli provides 34 calories and is an excellent source of vitamin C and vitamin K. Raw broccoli also contains moderate amounts of several B vitamins and the dietary mineral, manganese, whereas other essential nutrients are in low content. Broccoli has low content of carbohydrates, protein, fat and dietary fiber.