



Broccoli can range in color from dark green to a purplish green.

CAULIFLOWER IS A VERY GOOD SOURCE OF FIBER AND AN EXCELLENT SOURCE OF B VITAMINS, VITAMIN C, AND VITAMIN K.

THERE ARE

3

COMMONLY GROWN TYPES OF BROCCOLI:
CALABRESE BROCCOLI (THE MOST FAMILIAR SIMPLY KNOWN AS "BROCCOLI"), SPROUTING BROCCOLI, AND PURPLE CAULIFLOWER

Low in fat and calories



Steam, boil, sauté, roast, microwave or eat broccoli raw.

Choose cauliflower that is clean, tight and compact. Avoid spotted or dull-colored cauliflower as well as those with small flowers.

Broccoli

is a good source of fiber and an excellent source of

vitamin K & vitamin C

Broccoli is from the Brassica family, also known as the cabbage family, whose flowering head is eaten as a vegetable.

MOST OF THE NATION'S BROCCOLI AND CAULIFLOWER COMES FROM CALIFORNIA SO IT MUST TRAVEL OVER 2,000 MILES TO REACH BUFFALO.



OUR NEW YORK STATE BROCCOLI AND CAULIFLOWER ONLY HAS TO TRAVEL 20 MILES FROM EDEN TO REACH THE CAFETERIA!

Boil, steam, roast, sauté, microwave, puree
Or eat cauliflower raw!

**Low in fat
and calories**



Pick the fresh, bright-green heads which have compact clusters of tightly closed flowerets. Avoid any with yellowing flowerets and thick, woody stems.

CAULIFLOWER CAN BE WHITE, ORANGE, OR PURPLE