



Hey kids, become a **FOOD EXPLORER** and check out this Month's Discovery...

Broccoli & Cauliflower



Did you know...?

- September is the best time to buy Massachusetts-grown broccoli and cauliflower.
- Italians brought broccoli to America and made it popular starting in areas like Boston's North End.
- Today the average American eats 4½ pounds of broccoli per year, compared to only about ½ pound 20 years ago.
- Broccoli and cauliflower are related to cabbage, kale, turnips and mustard greens.
- The flowering heads of broccoli and cauliflower are called the curds.

DELICIOUS AND NUTRITIOUS

Broccoli and cauliflower are packed with nutrients that protect us from illness and keep us strong.

A SUPER SNACK IDEA

These little green and white "trees" are fun to dip! Eat them, raw or slightly cooked, with your favorite low-fat dressing or dip.

VEGGIE HUMOR

A student walks into the school nurse's office. He has cauliflower up his nose and broccoli in his ears. "What's the matter with me?" he asks the nurse.

Nurse: "You're not eating properly!"