

- FARM FRESH -

Broccoli



EVERY CRUNCHY BITE OF BROCCOLI CONTAINS NUTRIENTS YOUR BODY NEEDS TO GROW, MOVE, AND STAY HEALTHY.

FOOD for FUEL

HERE ARE SOME OF THE HEALTH BENEFITS OF INCLUDING BROCCOLI IN YOUR DIET:

Strong BONES

Broccoli contains vitamin K, a nutrient that helps your body build strong bones and keep them healthy as you grow.

Happy GUT

One cup of broccoli contains about 2.5 grams of fiber. Fiber helps keep your digestive system running smoothly and supports a healthy gut.

Body DEFENDER

Broccoli is packed with vitamin C, which helps your body heal and keeps your immune system strong.



"Every year is a little bit different. We face different challenges every year, whether it's weather, pests, disease, or markets. It keeps you on your toes."

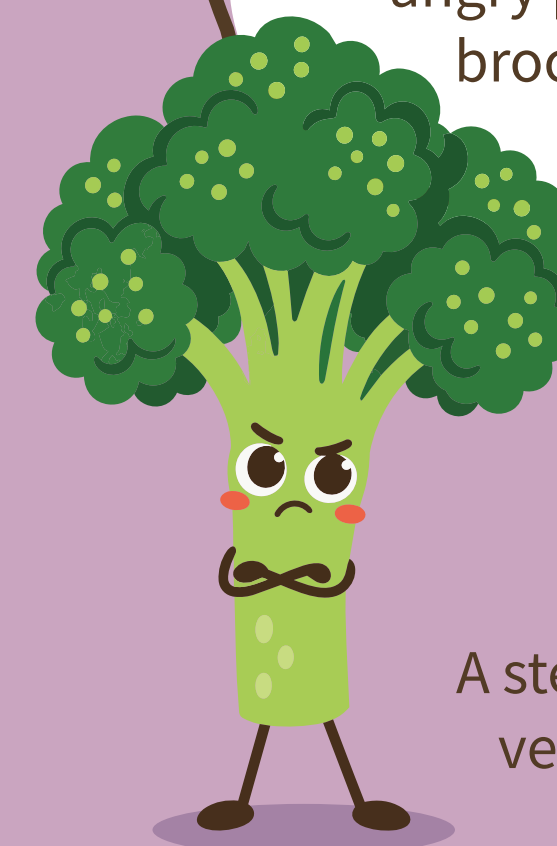
- Ryan Kelley
Broccoli Farmer | Salinas, CA

Did you know?

According to Guinness World Records, the most broccoli eaten in one minute is 2.6 pounds. That's about as much as a large hardcover textbook!



Romanesco is a unique type of broccoli that grows in a bright green spiral pattern. Its shape forms natural repeating cones, making it one of the most unusual vegetables in the world.



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