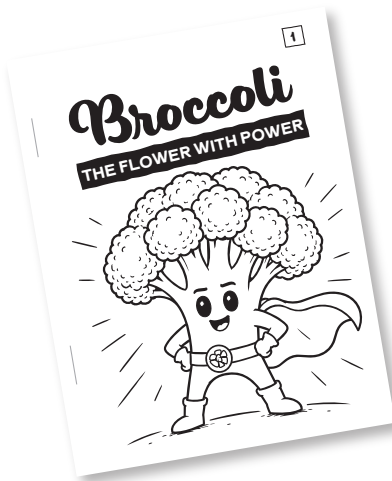
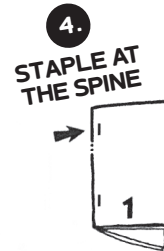
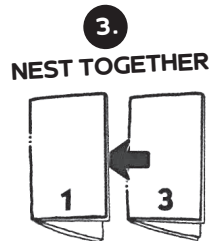
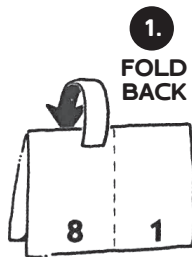
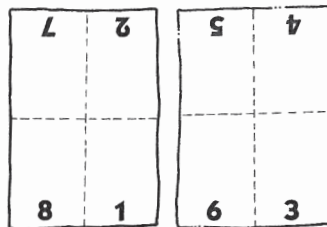


Assembling Mini Books

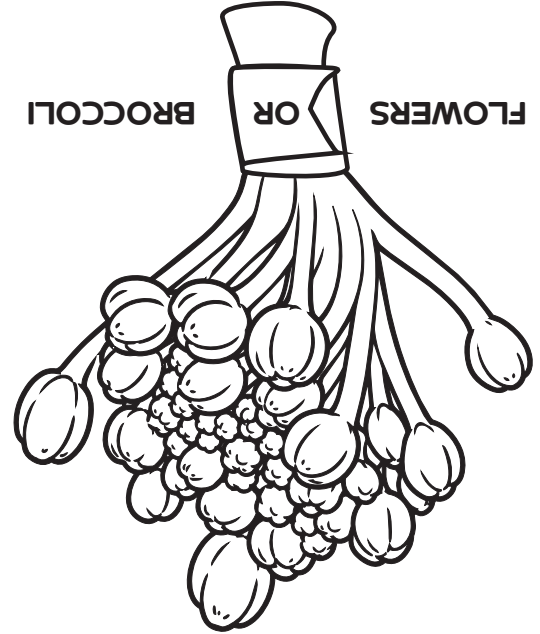


Mini books offer valuable content information in a kid-friendly format. Each student can be given his or her own book to keep. They can also color, draw, or annotate the book as instructed by their teacher. These books also provide a great home link, as students can take them home and share the information they are learning with their family.

To assemble a book follow these simple instructions.

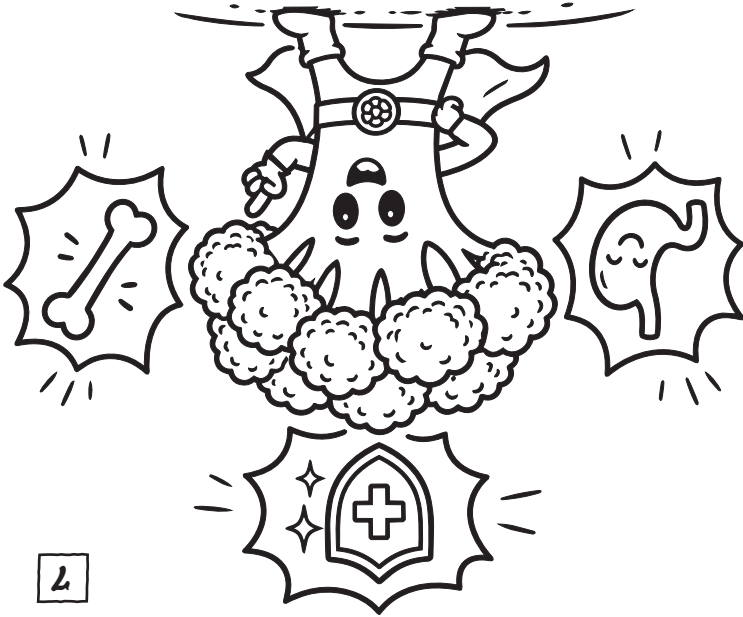


Broccoli is a crunchy green vegetable in the cabbage family. But here's the surprising part: the part we eat is actually a flower bud. The tight green head is made of many tiny buds packed closely together.



2

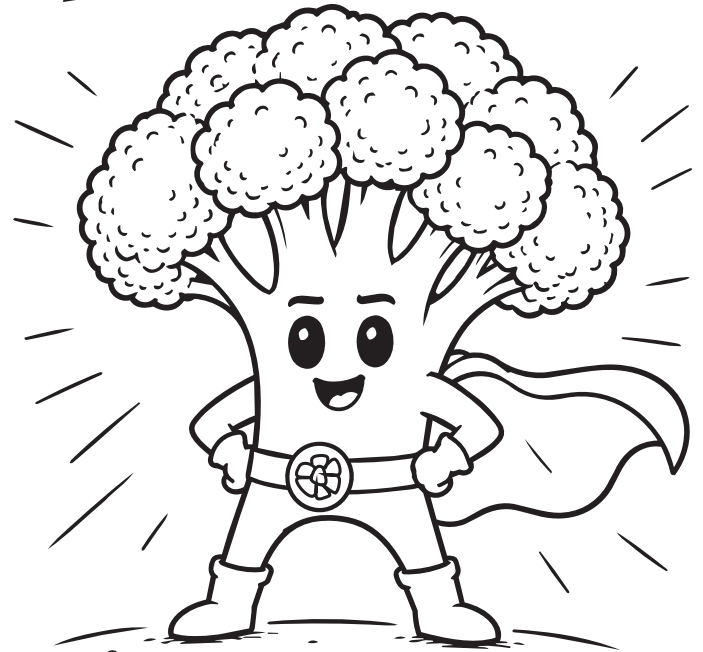
Broccoli is full of nutrients that help your body stay healthy. It has vitamin C to support your immune system, fiber to help digestion, and vitamin K, which helps build strong bones.



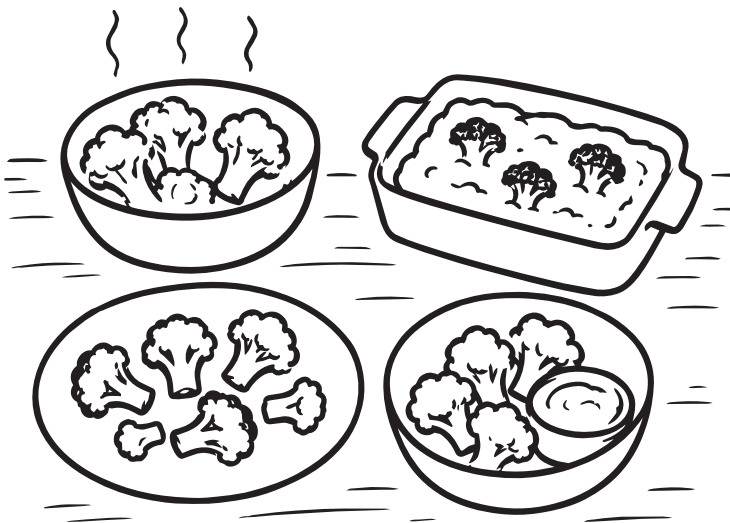
7

Broccoli

THE FLOWER WITH POWER



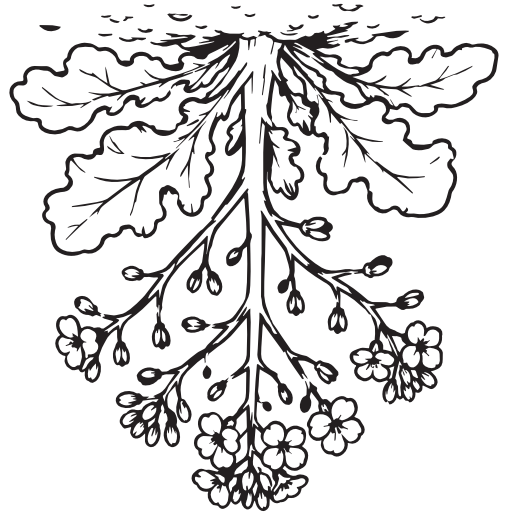
1



8

Whether it's steamed, roasted, or eaten raw, broccoli is more than just a side dish. It's a flower packed with nutrients and grown with care on California farms.

If broccoli stayed in the field long enough, the buds would open into small yellow flowers. Farmers harvest broccoli early so it stays firm, green, and ready to enjoy.



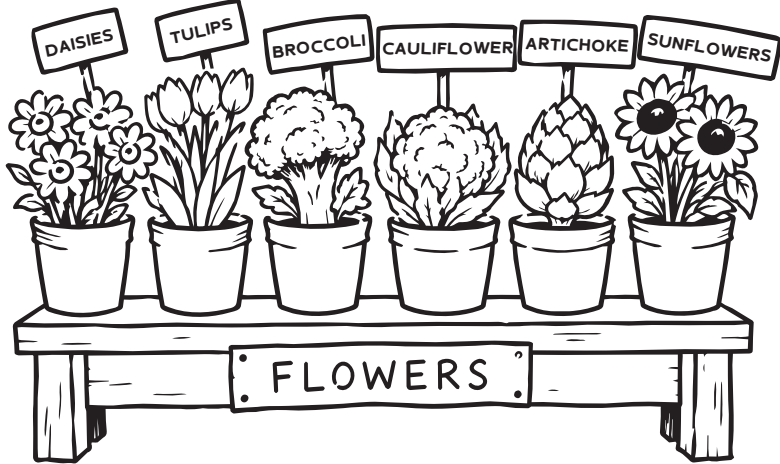
11

Broccoli was first grown in the Mediterranean region thousands of years ago. Italian farmers helped make it popular, and the word broccoli comes from an Italian word meaning “the flowering top of a cabbage.”



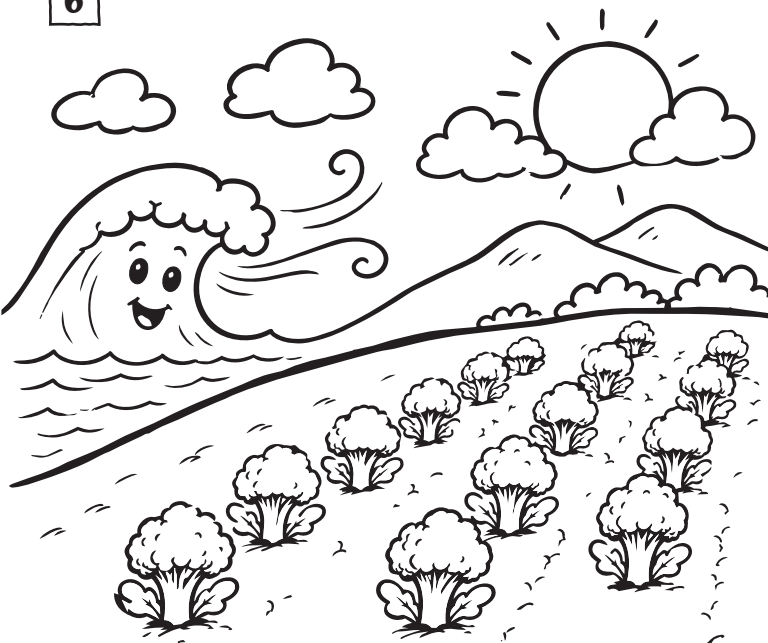
5

Broccoli isn't the only flower we eat. Cauliflower and artichokes are also flower buds. Inside each broccoli bud are flower parts like petals, stamens, and pistils waiting to grow.



3

6



Today, California grows more broccoli than any other state. Cool coastal weather helps broccoli grow best. Large broccoli fields can be found in places like Monterey County and Santa Barbara County.