



Broccoli



Broccoli is a green plant in the cabbage family known for its edible flowering heads and stems. It is a widely consumed vegetable which is eaten raw or cooked.

Broccoli is grown in regions with cool climates and grows best when temperatures are between 60-70°F. The plant requires well-drained, nutrient-rich soil, consistent moisture, and full sunlight to grow well. California and Arizona are the top broccoli-producing states.

Broccoli heads are ready to harvest before the flowers open when they are firm, compact, and dark green. On larger farms, broccoli is harvested using mechanical harvesters that cut multiple heads at once. On smaller farms, workers manually cut the main stalk just below the head.

After harvesting, the broccoli heads are trimmed of any excess leaves in the field, placed in cartons or crates, and transported to a packing house. The broccoli is cooled as quickly as possible to maintain freshness and extend its shelf life either by hydrocooling (immersion in cold water) or forced-air cooling. After being packed for shipment, the broccoli is placed in refrigerated trucks to be distributed to grocery stores or processing facilities.

Broccoli is low in calories and rich in vitamins including vitamin C and vitamin K. It contains fiber and essential nutrients like folate and potassium. Broccoli is known for its numerous health benefits including heart, bone, eye, and digestive health, immune support, and cancer prevention.

Broccoli can be eaten raw or cooked. It is commonly steamed, boiled, roasted, grilled, or added to soups, salads, and stir-fries.



<https://youtu.be/vZfePWrcm7Y?si=staDR9Ou3OcKTn4Y>