

Seasonal Food Hero

BROCCOLI

Broccoli is in season all year round, but from July until October is when it's at it's best!



Did you know?

Broccoli originates from the same plant family as cabbage, cauliflower, kale and even Brussels sprouts and if you leave it in the fridge too long it would grow yellow flowers!

The **HEAVIEST** broccoli ever weighed 15.87kg, which would be enough to feed 317 children in school!



Broccoli is very fast growing and can grow up to 90cm tall!

HAHA

What type of music does broccoli listen to?

Broc 'n'roll

HAHA