



IDEA Child Nutrition Program DECEMBER 2022 Harvest of the Month

BROCCOLI

VARIETIES

Sun King



One of the tastiest broccoli varieties! It is heat tolerant and can grow to be large with a blue-green color. This is delicious raw, roasted or steamed!

Romanesco



Romanesco is made up of many small pointed florets. It can be eaten raw or cooked. In raw form, it has a nutty and earthy flavor. When cooked it has a mild, sweet flavor.

Purple Sprouting



Purple Sprouting Broccoli does excellent in cold weather. It produces smaller heads, but has a sweet and delectable taste.

BROCCOLI Fast Facts

In 2021, an average of 5.2 lbs. of broccoli was consumed per person, making it the 11th most consumed veggie in the U.S.



All broccoli must be harvested by hand because there are no machines to do the work. A knife is used to cut the head off the stem.

The U.S. ranks 3rd in the world for production of broccoli and 90% of all broccoli produces is grown in California.

Broccoli was first introduced to the U.S. in the 1800s by Italian immigrants, but it did not become widely known until the 1920s.

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2022-2023 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve



IDEA
Public Schools

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IDEA Child Nutrition Program DECEMBER 2022 Harvest of the Month Recipe

Broccoli Cheese Soup



INGREDIENTS

Number of servings: 4

- ½ stick Butter or 4 Tbsp.
- ½ medium onion
- 1 tbs chopped garlic
- ¼ c flour
- 2 c chicken stock
- 1 tsp salt
- ¼ tsp paprika
- 3 cups (1 large head) broccoli florets
- 1 large carrot- shred
- 2 cups milk
- 8 oz cheddar cheese

STEPS

1. Melt butter in a large pot over med-high heat. Add onion and cook 3-4 minutes until softened. Add garlic and saute for another minute.
2. Add flour and whisk for 1-2 minutes or until the flour begins to turn golden brown. Pour in chicken stock, broccoli, carrots, and spices. Bring to a boil then reduce to med-low heat, cover and simmer for 15 minutes or until broccoli and carrots are cooked through.
3. Stir in milk and cheddar cheese.
4. Let this simmer another minute until cheese has melted. Taste and adjust spices if needed.
5. Serve with toasted bread and enjoy!

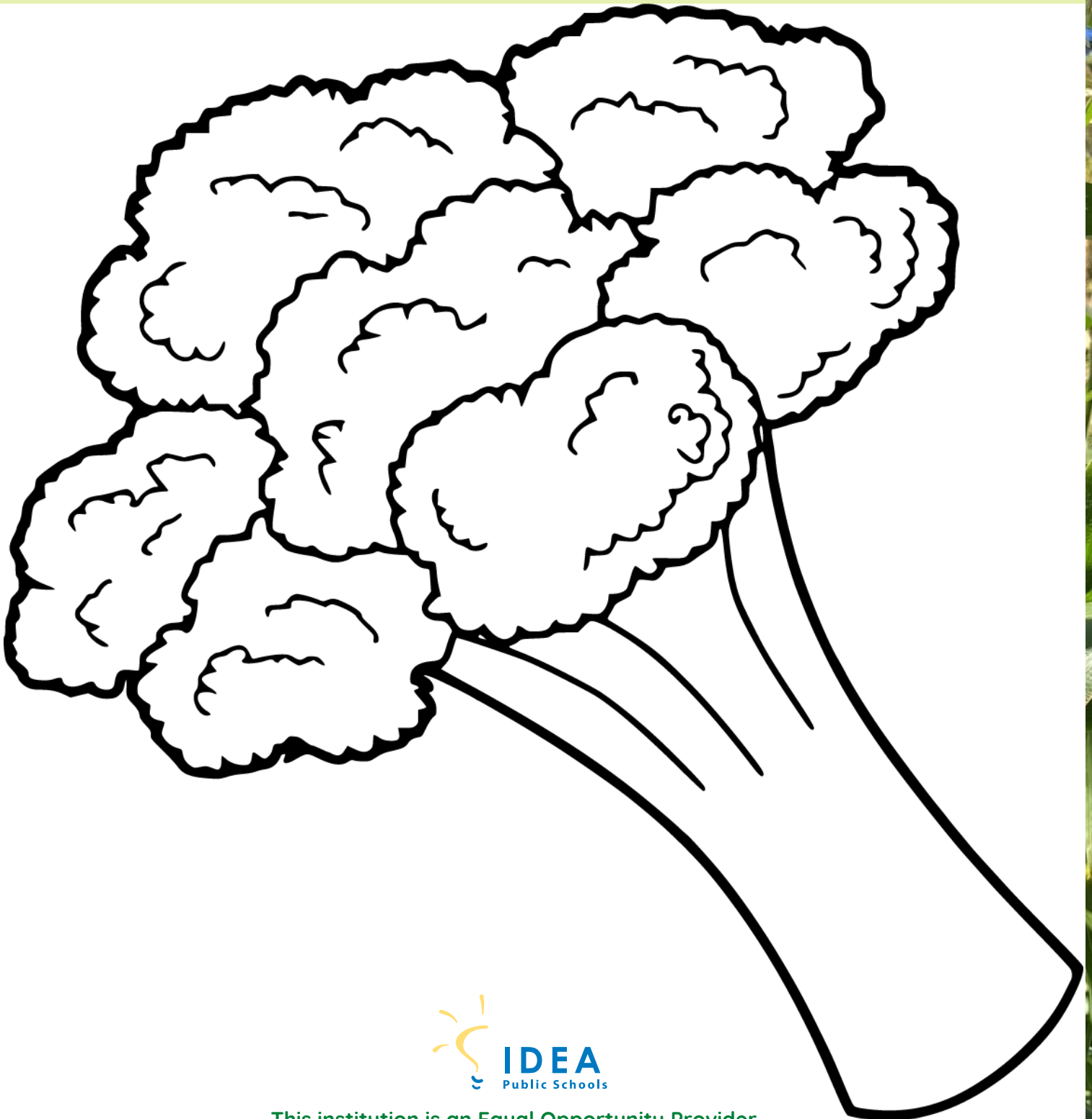


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COLORING ACTIVITY



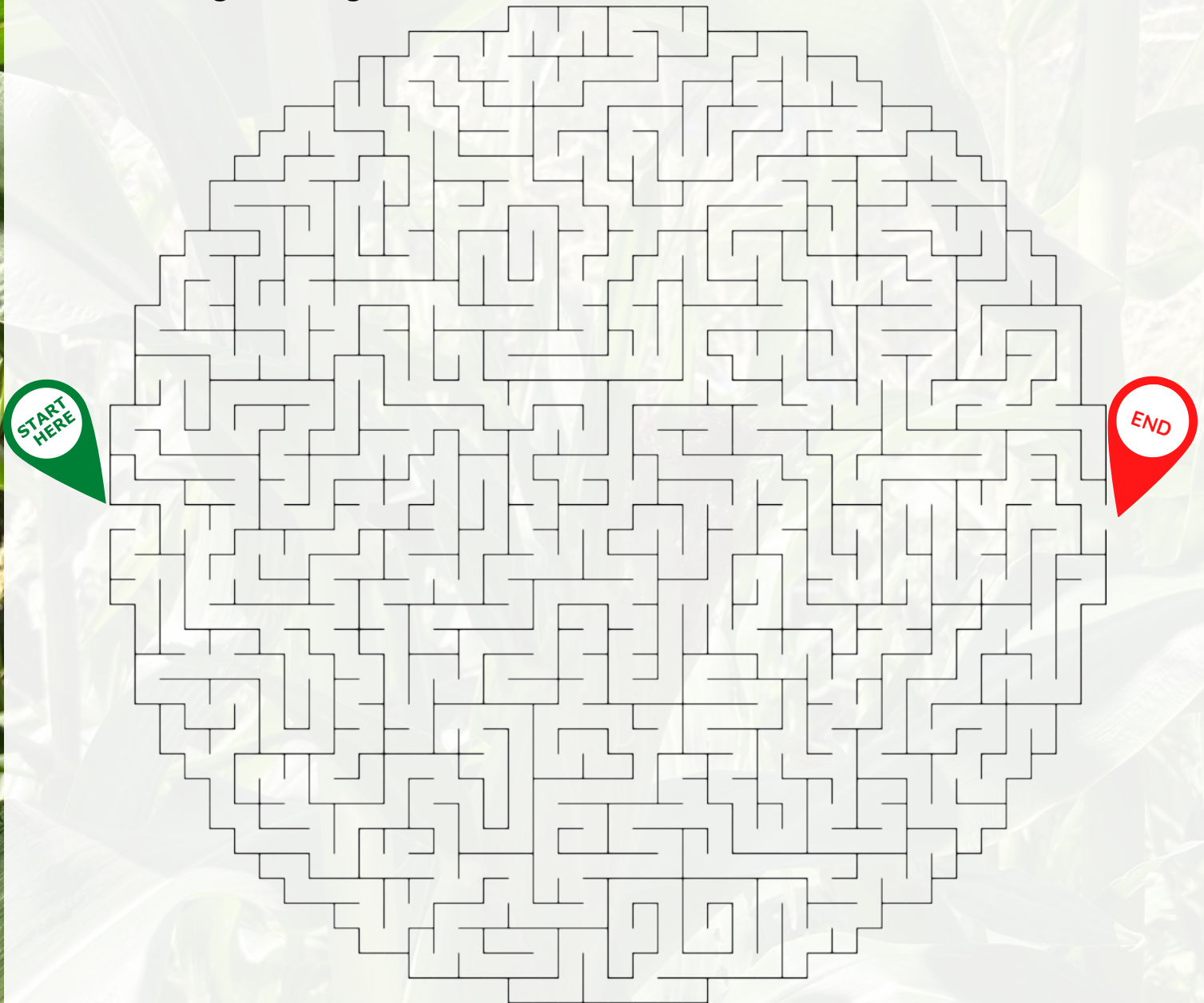
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MAZE

Directions:
Find your way to the BROCCOLI in the center of the Maze!



Esta institución es un Proveedor de Igualdad de Oportunidades.



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WORD SCRAMBLE

Directions:
Unscramble the BROCCOLI Related Words!

Scrambled Word

Unscrambled Word

1. IORLBCOC
2. ESLA
3. NTRWIE
4. OPSU
5. BEEDEMCR
6. UFSCORCRIUE
7. TONPRIE
8. RPLUPE
9. RNSOCMEAO
10. EABCASLRE
11. EGREN
12. ESATBLR

ANSWER KEY

- | | |
|-------------|----------------|
| 1. BROCCOLI | 6. CRUCIFEROUS |
| 2. ELSA | 5. DECEMBER |
| 3. WINTER | 4. SOUP |
| 4. RPLUPE | 3. ROMANESCO |
| 5. PROTEIN | 2. PURPLE |
| 6. GREEN | 1. CALABRESE |
| 7. BELSTAR | |



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Word Search

Directions:

- Find the BROCCOLI related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

BROCCOLI
ELSA
WINTER
SOUP

DECEMBER
CRUCIFEROUS
PROTEIN
PURPLE

ROMANESCO
CALABRESE
GREEN
BELSTAR

D	X	T	D	O	S	B	R	F	I	G	H	R	A	Y	F	X	V	Y	S
X	S	Z	X	Q	U	K	R	K	T	F	Z	E	I	N	M	G	E	E	T
J	Q	M	G	S	O	N	P	O	R	S	M	Q	S	X	A	R	L	D	P
X	N	Z	D	B	R	N	F	C	C	Y	W	I	Y	T	T	B	H	E	E
I	K	E	S	T	E	N	P	A	P	C	A	P	O	D	A	U	X	C	A
W	P	Q	U	U	F	Z	N	L	A	C	O	I	C	T	M	R	A	E	M
N	R	E	T	N	I	W	I	A	H	X	H	L	E	K	O	X	M	M	R
B	Y	T	A	N	C	P	K	B	Q	X	N	G	I	M	I	S	X	B	I
A	E	G	U	D	U	F	V	R	H	X	E	E	A	M	O	M	N	E	N
Q	J	L	A	N	R	J	K	E	M	V	P	N	E	U	P	E	X	R	A
S	K	Z	S	U	C	M	O	S	W	H	E	L	P	R	U	P	U	U	J
B	P	R	O	T	E	I	N	E	P	S	Q	A	M	O	G	C	K	Q	W
G	G	X	K	D	A	J	X	Z	C	U	I	M	B	Z	H	O	A	X	V
T	K	C	P	O	R	R	R	O	A	E	B	U	Z	K	I	I	C	S	R
N	N	K	Q	N	N	U	M	X	J	S	T	U	A	A	J	A	G	K	F



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