



Try the  
March Harvest of the Month!  
.....  
**Broccoli**  
.....



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# IDEA Child Nutrition Program

## March 2025 Harvest of the Month Recipe

### Broccoli and Cheese Quiche



#### Ingredients

- 3 tablespoons butter, divided
- 2 cups chopped fresh broccoli
- 1 onion, minced
- 1 teaspoon minced garlic
- 1 (9 inch) unbaked pie crust
- 1 ½ cups shredded mozzarella cheese
- 4 eggs, well beaten
- 1 ½ cups milk
- ½ teaspoon black pepper
- 1 teaspoon salt
- 1 tablespoon butter, melted

#### Instructions

1. Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C).
2. Melt 2 tablespoons butter in a large saucepan over medium-low heat. Add broccoli, onion, and garlic; cook, stirring occasionally, until vegetables are soft.
3. Spoon vegetables into pie crust and sprinkle with mozzarella cheese; set quiche on a baking sheet.
4. Combine eggs and milk together in a bowl; season with salt and pepper.
5. Stir in remaining 1 tablespoon melted butter; pour egg mixture over vegetables.
6. Bake in preheated oven until the center of the quiche has set, about 30 to 50 minutes.



# IDEA Child Nutrition Program March 2025 Harvest of the Month

## Broccoli

### VARIETIES

#### Calabrese Broccoli



The most common variety, with dark green florets and thick stems. It's what you'll typically find in most grocery stores.

#### Purple Broccoli



This variety has a vibrant purple color and is often a little sweeter and more tender than the traditional green broccoli.

#### Broccolini



A hybrid between broccoli and Chinese broccoli, with long, thin stems and small florets. It has a milder taste and a more tender texture than regular broccoli.

### Broccoli FAST FACTS

Broccoli is a member of the cabbage family and was first cultivated in Italy around the 6th century.

Broccoli is made up of about 90% water, helping keep you hydrated while providing a nutritious snack.



One serving of broccoli provides about 3 grams of fiber, which is great for your digestive system.

China is the largest producer of tomatoes, followed by India, the United States, and Turkey.

### 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 2024-2025 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

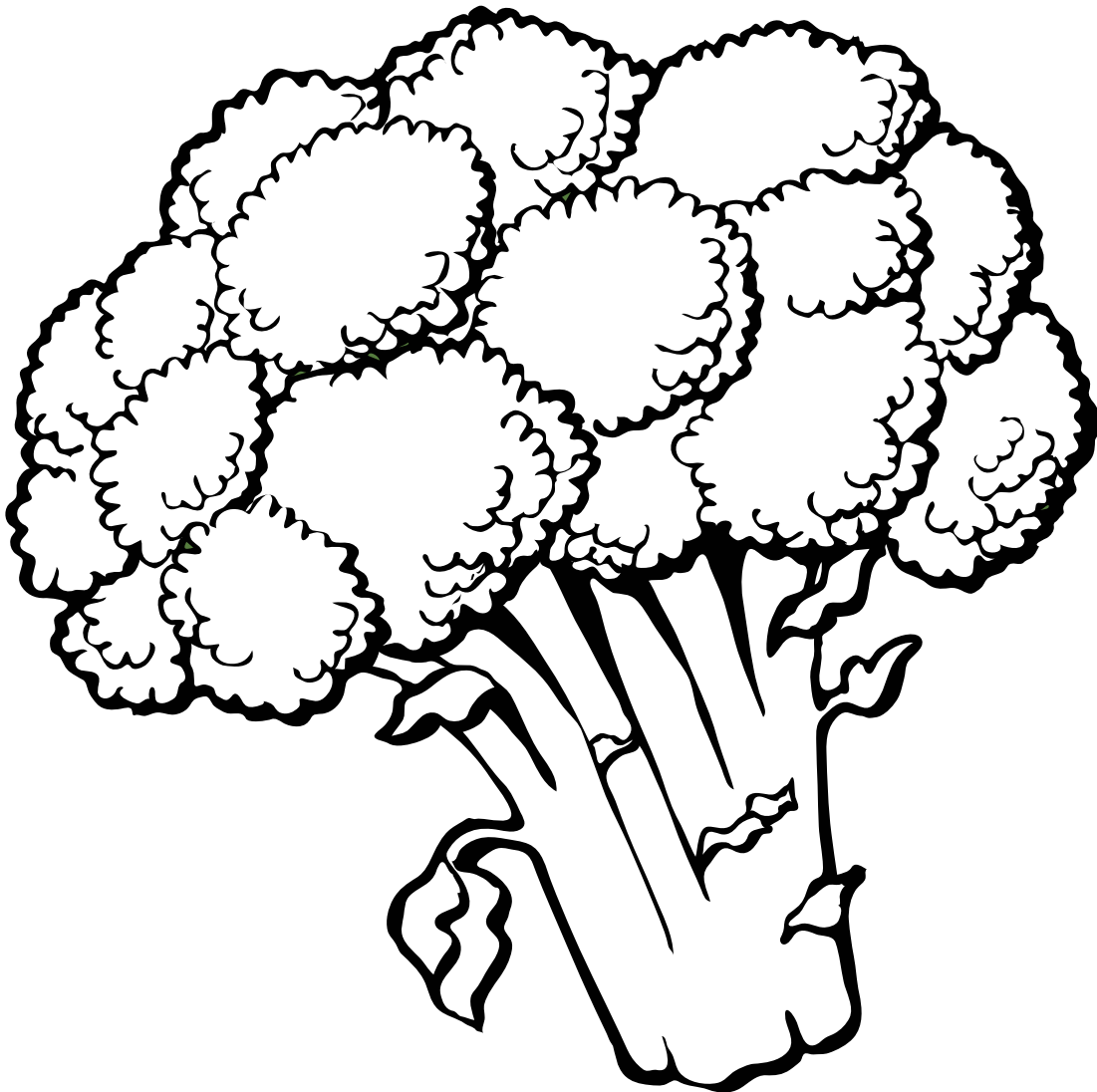


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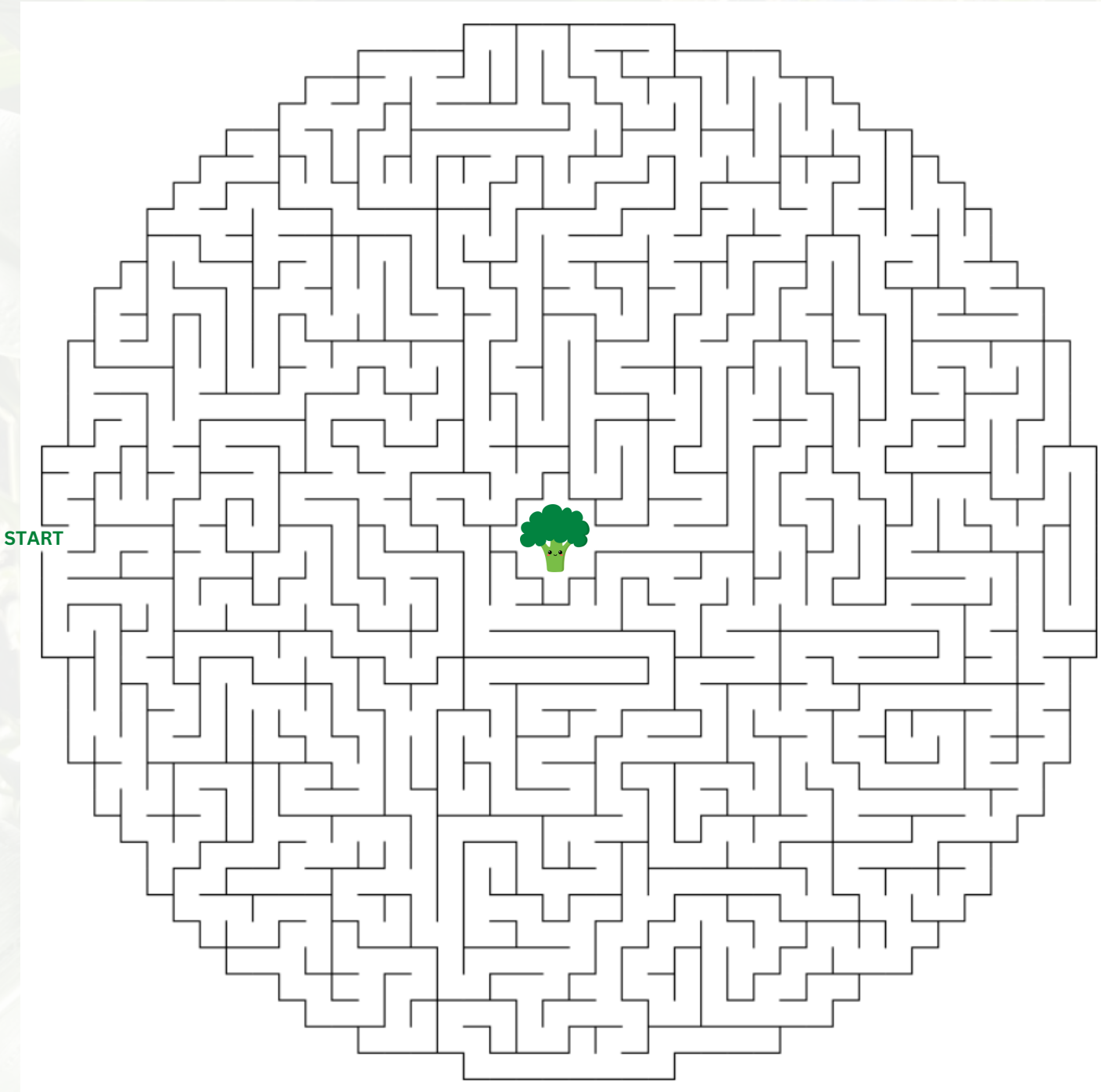
## Coloring Activity





# IDEA Child Nutrition Program March 2025 Harvest of the Month

**Directions:**  
Find your way to the Broccoli!





# IDEA Child Nutrition Program March 2025 Harvest of the Month

## 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  
Cultivated  
Green  
Hydration

Broccolini  
Harvest  
Fiber  
Purple

Calabrese  
Florets  
Stem  
Vegetable

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



# IDEA Child Nutrition Program March 2025 Harvest of the Month

## Word Scramble

Directions:  
Unscramble the Broccoli Related Words!

### Scrambled Word

### Unscrambled Word

1. COBCORLI
2. OLICBCIRNO
3. BECSRALEA
4. ETLATCDVUI
5. RBIEF
6. SREOFTL
7. EGNRE
8. HVREAST
9. NYHDARTIO
10. EULPRP
11. MTSE
12. TAVEEELGB

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#### ANSWER KEY

- 1. Broccoli
- 2. Broccoli
- 3. Calabrese
- 4. Cultivated
- 5. Fiber
- 6. Florets
- 7. Green
- 8. Harvest
- 9. Hydration
- 10. Purple
- 11. Stem
- 12. Vegetable

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