Broccoli

Broccoli is rich in Vitamins C and A. A good source of minerals such as calcium, iron, magnesium, zinc and phosphorus. It contains many antioxidants.

The seeds of broccoli are round and brown and can be found from the flower.

The broccoli is actually the flower of the plant. When they start producing yellow flowers, that's when you know they're ready to be harvested.

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