

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.

Broccoli is locally grown in Hawaii, and thrive during the cooler winter months.



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

