

Broccoli

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Broccoli supports immune systems and prevents heart diseases

GEEK TALK

Brassica Oleracea

BUT WE TALK

Broccoli

DID YOU KNOW?

Broccoli originated in Italy during the ancient Roman times. The name was derived from the Latin word Brachium, which means branch or arm. This is due to the fact that Broccoli resembles a tree with florets (which look like leaves) and a small stalk (the trunk of the tree).

The three most popular Broccoli types are the Calabrese Broccoli, which has large green heads and thick stems; Sprouting Broccoli, which has a larger number of heads and thinner stems than the Calabrese; and the Purple Cauliflower, which has the head of cauliflower but has many small flower buds.

Broccoli has a unique taste due to the “soft and flowery” taste of the florets, and the crunchiness of the stem.

KITCHEN PHARMACY

- Broccoli contains carotenoids, which helps treat skin problems from overexposure, supports the immune system, and helps prevent both cancer and heart diseases.
- Broccoli is also a rich source of calcium, manganese, iron, magnesium, fiber, zinc, antioxidants, vitamin A, and vitamin C.