

# Broccoli & Cauliflower



# One Big Happy Family

Broccoli & Cauliflower: Branches on the cabbage family tree



Cabbage Family  
(Brassicaceae)



Broccoli (*B. oleracea*)



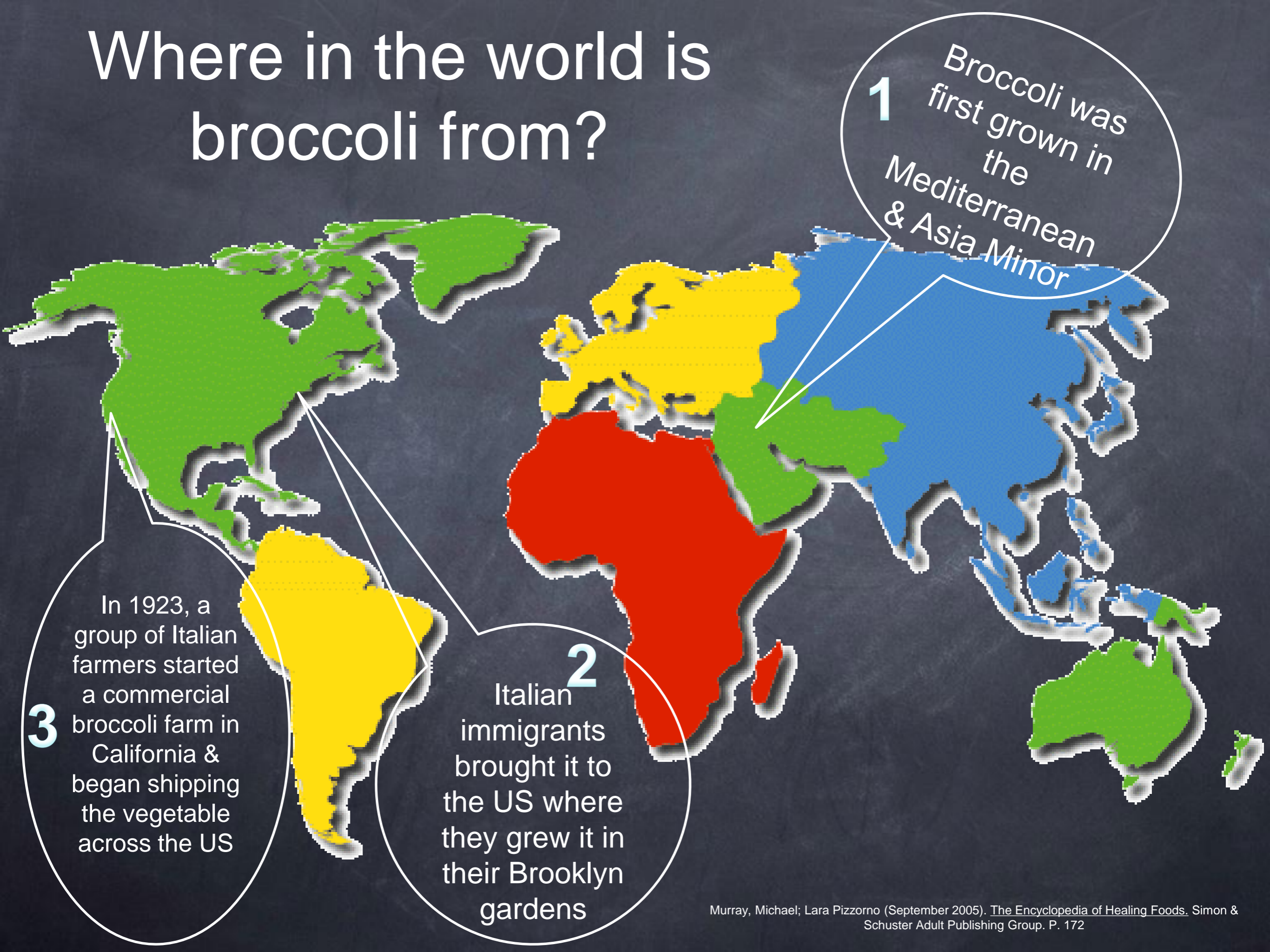
Cauliflower (*B. oleracea*)

Did you know?

The word “broccoli” comes from the Latin word for “branch” or “arm”

And cauliflower really is a flower!  
(Actually, broccoli is too.)

# Where in the world is broccoli from?



**1** Broccoli was first grown in the Mediterranean & Asia Minor

**2** Italian immigrants brought it to the US where they grew it in their Brooklyn gardens

**3** In 1923, a group of Italian farmers started a commercial broccoli farm in California & began shipping the vegetable across the US

Today, Broccoli & Cauliflower are grown in Whatcom County— and maybe in your garden.



Remember to try the Harvest of the Month lunch with an open mind— and thank your servers!

Fourth-grade MacGregor Elementary students Heru Burkett, left, and Justin Green, both 9, inspect broccoli they just harvested in their Recipe for Success garden. Photo: For The Chronicle, Eric Kayne / Houston Chronicle 2011