

# SPOTLIGHT ON PRODUCE

## WHAT AM I?

Broccolini is a cross between broccoli and Chinese broccoli. The florets look like broccoli with longer stems and leaves found in Chinese broccoli.



## BROCCOLINI

## HOW DO I GROW?

Broccolini grows in cool climates from the ground. It takes 50-60 days to grow and is harvested 3-5 times each season.

## NUTRITION FACTS

It is a good source of Vitamin A, which helps your organs function and Vitamin C, which helps your immune system!

## FUN FACT

It can be steamed, sautéed, roasted, stir-fried, or even grilled.