

FARM FRIDAY FUN

WITH ARIZONA AGRICULTURE

BROCCOLI



Broccoli is the flower of the plant.



One acre of land can produce over 30,000 broccoli plants.



If broccoli is not harvested it will turn into a head of yellow flowers..



Broccoli is high in protein, fiber, vitamin C, and is a good source of vitamin A, potassium, and calcium.



Depending on the variety and climate, broccoli can be ready for harvest in 60-150 days.



The heaviest broccoli weighed 35 pounds and was grown in Alaska.



Each broccoli plant produces one head of broccoli.



Arizona ranks #3 nationally in broccoli production.



Yuma County grows 12,000 acres of broccoli.

