



BROCCOLI

Broccoli is a member of the cabbage family, and is closely related to cauliflower. Its cultivation originated in Italy. Broccolo, its Italian name, means "cabbage sprout."

One of the most popular types of broccoli sold in North America is known as Italian green, or Calabrese, named after the Italian province of Calabria where it first grew. Amongst all of the commonly consumed cruciferous vegetables, broccoli stands out as the most concentrated source of a premiere antioxidant nutrient—vitamin C.

Seasonal Availability

Location	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
California	Light	Light	Heavy	Peak	Peak	Peak	Peak	Heavy	Heavy	Light	Heavy	Light
Arizona	Peak	Peak	Heavy	Light						Light	Light	Heavy
California (Imperial Valley)	Peak	Heavy	Light								Light	Heavy
California (South)	Heavy	Light	Light	Light	Light						Light	Heavy
Texas	Heavy	Heavy	Heavy	Light								
Florida	Light											Light
Mexico	Heavy	Heavy	Peak	Heavy	Light	Light	Light	Heavy	Heavy	Heavy	Heavy	Heavy
Canada							Light	Heavy	Light	Light	Light	

Heavy Peak Light