

CRUCIFEROUS VEGETABLES

KALE

CRUCIFER-AWESOME!

Cruciferous vegetables are vegetables of the family Brassicaceae and include Brussels sprouts, kale, broccoli, cauliflower, cabbage, bok choy, collard greens, and kohlrabi. The cruciferous family of vegetables takes its name cruciferous (meaning “cross-bearing”) from the shape of the plants’ flowers, which have four petals resembling a cross. Cruciferous vegetables are rich in fiber, vitamins, minerals and phytochemicals. Nearly all are excellent or good sources of vitamin C and some are good sources of manganese. Dark greens are high in vitamin K. The specific phytochemicals (fight-o-chemicals) found in these veggies can also prevent disease.

These vegetables can be eaten raw, roasted or baked with olive oil or they also taste great as an addition to soup, salad, and stir-fry. A serving of vegetables is a half cup, but for some raw veggies, like broccoli, cauliflower, kale, and cabbage, you need 1 cup to count for a serving. Cooked vegetables like Brussels sprouts and steamed broccoli, kale, and cabbage count as a half cup cooked equals one serving.

The amount of fruits and vegetables you need depends on your age, gender and the amount of physical activity you get every day, though a good rule of thumb is to make half of every meal fruits and vegetables. We all have our favorite (and least favorite) vegetables, but keep in mind it’s important to eat various colors of fruits and vegetables to help your body get all the nutrients you need. Making meals more interesting with different colors, textures, and flavors can also help you stick to healthy eating habits and get your recommended servings every day. Check out www.choosemyplate.gov to find out the right amount for you.

COLLARD
GREENS

FUN FACTS:

Wild World

Many vegetables evolved from the original wild cabbage, including broccoli, Brussels sprouts, cauliflower, collard greens, kale and kohlrabi.

Bushels of Broccoli

We eat about six pounds of broccoli each year – 4 times more than what we ate 30 years ago. I guess enough people heard how healthy and delicious it is!

Eat Broccoli, Help Your Heart!

A ½ cup of cooked broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate. Folate is a water-soluble vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.

BROCCOLI

BRUSSELS
SPROUTS

ARUGULA

**SIMPLY
GOOD**

BOK CHOY

COLLARD
GREENS

#LOL: HOW DID THE FARMER FIX HER JEANS? WITH A CABBAGE PATCH!

KALE

FAMILY MEAL TIME

Having trouble getting your kids to try or eat cruciferous vegetables? Roasting is a great way to introduce these delicious and nutrient rich veggies to your kids. Roasting broccoli, cauliflower and Brussels sprouts brings out their natural sweetness, and the high heat of roasting adds a crunch to these vegetables.

Play up the unique qualities of these vegetables to make mealtime entertaining – broccoli looks like trees, cauliflower like clouds, Brussels sprouts like baby cabbage.

Brussels sprouts are especially easy to make and fun to eat. Wash, cut off the base, remove yellowed leaves, then toss with olive oil, salt, and pepper and roast in the oven. Do the same with kale leaves to make crunchy “chips.” Include kids in preparation so they are occupied and involved – kids who are involved in preparing the meal will be more likely to give it a try.

FAMILY FUN TIME

Create your own adventure! Being active is fun when you create your own family adventure. Spending time outside, connecting with nature, provides us with the opportunity to power down from technology, power into nature and to appreciate Planet Earth!

The changing seasons each provide us with different fun activities to try and new adventures to be had, including biking, canoeing, hiking, archery and more. Check out local or state parks in your area for fun ideas. Visit a nature center or zoo, take a family nature hike to look for migrating birds or a night walk to stargaze together. Don't forget to pack a healthy snack like fruit, nuts, whole grain crackers and plenty of water!

Check out Let's Move Outside for more ideas and to find forests, state parks and playgrounds near you: <http://www.letsmove.gov/lets-move-outside>

TRY IT AT HOME: ROASTED BROCCOLI

Serves 4

- 1 lb broccoli florets
- 1/8 tsp granulated garlic
- 3 tsp olive oil
- 1/8 tsp ground black pepper

Preheat oven to 400 F. Place broccoli in a bowl and toss with olive oil and season with granulate garlic and pepper. Place on a sheet pan and bake for 15-20 minutes, until there is a light char on the broccoli.

Nutrition per 1/2 cup serving: 40 calories, 2 g fat, 25 mg sodium, 0 mg cholesterol, 5 g carbohydrate, 2 g protein, 2 g fiber

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