



## Building Strong Families

Life resources for health, wellness, finances, and positive relationships.

### Eat a Whole Plant!

Vegetables are a healthy way to get more energy, vitamins, fiber, and water in our diet. Did you know the veggies we eat come from many different plant parts?



**Roots-** Carrots, turnips, beets, potatoes(underground tuber)

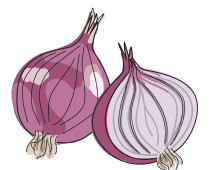
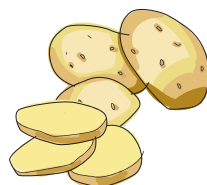
**Stems-** Celery, asparagus

**Leaves-** Spinach, lettuce

**Flowers-** Broccoli, artichoke

**Seeds-** Peas, corn, sunflower seeds

*See if you can create a meal that contains one of each plant part.*



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**Kansas State University Agricultural Experiment Station and Cooperative Extension Service.**

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# The National Gardening Bureau announced 2023 as the Year of the Broccoli! Here's how you can grow some delicious broccoli in your garden.

Broccoli is a cool-season vegetable that can be grown in both the spring and the fall.

## Timing-

- Plant transplants, rather than directly seeding broccoli into the soil
- Plant in late March to early April
- Plant early so broccoli can develop before hot weather

## Spacing-

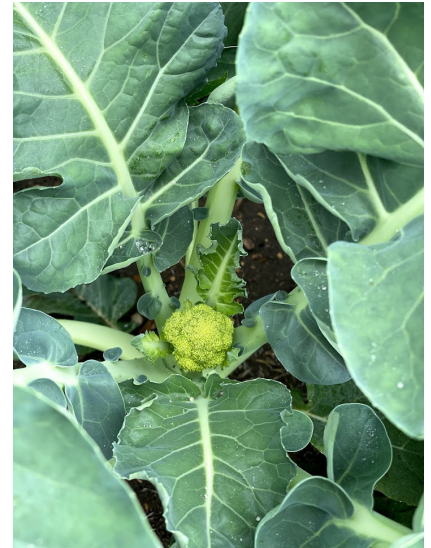
- Plant 18 to 24 inches apart

## Care-

- Purchase small and stocky transplants, tall plants go to seed quicker
- Fertilize at planting and again as the heads develop
- Water your plants about an inch of water a week
- Make sure to scout for insects including cabbage worms, and spray as needed

## Harvesting-

- Cut with a sharp knife before the flower buds open and start to turn yellow
- Continue to cut small side heads until hot weather causes them to be bitter



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