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.
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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