

Broccoli

- 1. Look up the definition of phytochemicals. Identify three important phytochemicals found in fruits and vegetables. What is its role in maintaining a healthy body?**

Phytochemicals, or phytonutrients, are plant compounds that contain protective, disease-preventing properties. They have antioxidant effects and help boost enzymes that detoxify carcinogens. More than 900 different phytochemicals have been identified as components of food. Three found in fruits and vegetables are beta-carotene (found in carrots and sweet potatoes), lycopene (found in tomatoes), and anthocyanin (found in blueberries). Fruits and vegetables that are bright in color generally have the most phytochemicals, so eat a colorful variety of fruits and vegetables every day.

- 2. Broccoli contains natural sodium. What is the benefit of natural sodium? What is the difference between natural sodium and table salt?**

Some of the most basic work your body does depends on sodium: maintaining proper fluid balance; controlling the movement of fluids in and out of your cells; regulating your blood pressure; transmitting nerve impulse; and helping your muscles relax, including your heart muscle.

Salt is 40 percent sodium and 60 percent chloride.

The difference between natural sodium and table salt is that unrefined rock salt lacks many of the trace elements normally found in table salt, making it a poor substitute as an exclusive salt source. The deleterious health effects of the exclusive use of rock salt are similar to the effects of the total lack of salt in one's diet. Today salt is universally accessible, relatively cheap and iodized.

3. What does the dark green color of broccoli indicate?

Green color indicates high nutrient value.

4. How does plan spacing affect broccoli during growth?

There should be 12 to 24 inches in between each plant and 18 to 36 inches between rows.

5. What are the top three commercial broccoli-producing counties in California?

Monterey, San Luis Obispo, and Santa Barbara.

6. What are the various forms in which broccoli are processed and sold (e.g., fresh, frozen, soups)?

Fresh, frozen, soups, baby food, fresh cut salad mixes, vegetable melody, flowerets, loose or bunches.

Updated: November 2009