

We are celebrating  
**broccoli!**

**Did you know that when  
you eat broccoli, you are  
eating the plant's  
flower buds?**



*Try Food Hero's Sesame Broccoli  
for a flavor-packed go-to  
broccoli recipe.*



**Oregon State  
University**



Visit [FoodHero](https://www.foodhero.org) to find more healthy, tasty recipes  
that fit your budget!

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. For information on nutrition assistance through Oregon SNAP, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.