



5W Farms is located in Barwick, Georgia.

Sam Martin Farms is located in Barwick, Georgia.

P&P Farms is located in Barwick, Georgia.

- Broccoli has been cultivated for over 2,000 years. It originated in Italy and was a favorite of the Romans.
- Broccoli is often labeled a “superfood” because it supports heart health, digestion, and immunity.
- National Broccoli Day is celebrated on March 22nd in the U.S.
- Broccoli is actually a flower. If you don’t harvest it in time, the green buds will bloom into yellow flowers.

★ **Broccoli is a good source of vitamin C!**

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Broccoli

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