

Broccoli Good For Your Health



Author

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Topic

Plant

Description

Broccoli (*Brassica oleracea* var. *italica*) is an edible green plant in the cabbage family (family Brassicaceae, genus *Brassica*) whose large flowering head, stalk and small associated leaves are eaten as a vegetable. Broccoli is classified in the Italica cultivar group of the species *Brassica oleracea*.

Content

Broccoli (*Brassica oleracea* var. *italica*) is an edible green plant in the cabbage family (family Brassicaceae, genus *Brassica*) whose large flowering head, stalk and small associated leaves are eaten as a vegetable. Broccoli is classified in the Italica cultivar group of the species *Brassica oleracea*. Broccoli has large flower heads, usually dark green, arranged in a tree-like structure branching out from a thick stalk which is usually light green. The mass of flower heads is surrounded by leaves. Broccoli resembles cauliflower, which is a different but closely related cultivar group of the same *Brassica* species.

It is eaten either raw or cooked. Broccoli is a particularly rich source of vitamin C and vitamin K. Contents of its characteristic sulfur-containing glucosinolate compounds, isothiocyanates and sulforaphane, are diminished by boiling but are better preserved by steaming, microwaving or stir-frying.[3]