

The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCrops Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.



Cooking
While some Brassicas can be enjoyed raw, such as broccoli, cabbage, and cauliflower, many Brassicas taste best when steamed or roasted. Prior to preparing, wash and dry Brassicas thoroughly. Then, be sure to trim off any undesirable parts of the vegetable and be sure to fully remove the stem.



Buying Tips
When selecting Brassicas, it is important to make sure the vegetable is dense and firm. Avoid Brassicas that are limp, discolored, or bruised.



Nutrition Information
Although the Brassica genus is extremely diverse, most Brassicas are excellent sources of vitamin C and good sources of potassium, vitamin A, and vitamin B6. Vitamin A is important because it helps maintain good vision and keeps skin healthy. All Brassicas are rich in phytochemicals, meaning they are antioxidant-dense and have anticarcinogenic and anti-inflammatory properties.

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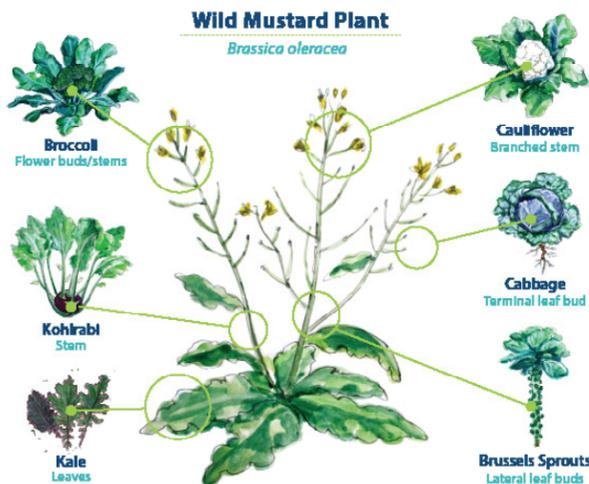


Brassicas



Did You Know

- "Brassica" is a genus, or group of closely related plants in the mustard family. There are 3700+ species of Brassicaceae, or the Brassica plant family, ranging from cauliflower to kohlrabi. There are several subcategories of Brassicas known as "cole crops" or cruciferous vegetables. Several of these vegetables were derived from the same ancestor, wild mustard or *Brassica oleracea*. This includes: broccoli, cabbage, cauliflower, collards, Brussels sprouts, and others.
- Many of the Brassicas that we enjoy as food today either originated in northwest Europe or the Mediterranean but over the past 2,000 years, Brassicas were most likely domesticated in the Mediterranean region. The ancient Greeks recorded medicinal and culinary uses of Brassicas.
- Cabbage, a popular Brassica grown in Montana, has roughly 400 varieties. Although they all share certain structural features and properties, cabbage varieties vary greatly in shape, size and color. Look for purple, green, and white cabbages!



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