

# SPOTLIGHT ON PRODUCE

## WHAT AM I?

Romanesco is in the family that includes broccoli and cauliflower. Romanesco is chartreuse and has spiraled buds that are composed of smaller buds.

## HOW DO I GROW?

Romanesco grows like broccoli and requires a partially shaded spot.

## NUTRITION FACTS

Romanesco is rich in vitamin C, vitamin K, and dietary fiber.

## FUN FACT

Romanesco tastes like cauliflower, but with a nuttier, earthier flavor.

## ROMANESCO

