

APRIL 2018

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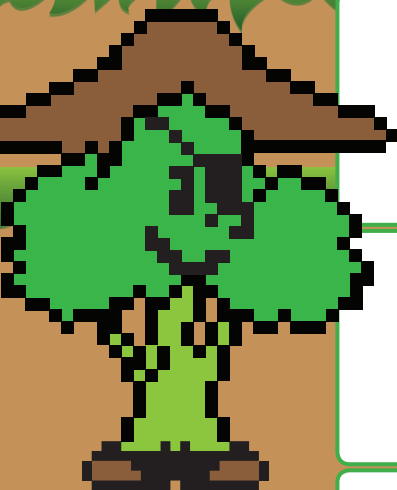
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Good Eats at:



Special Announcements

+200
+100
+50



Fun facts
on back!

'YOU ART WHAT YOU EAT'
ART CONTEST CONTINUES. ENTER TODAY!
squaremeals.org/artcontest



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



Launch PAD

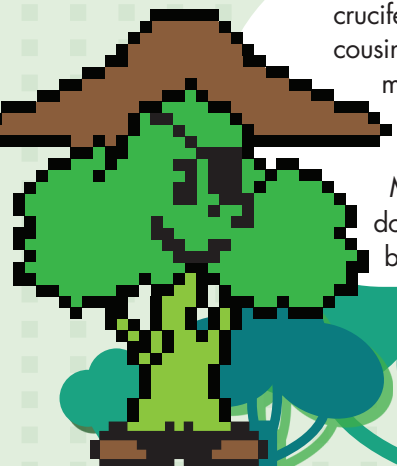
BROCCOLI GROWING REGIONS

1. Winter Garden
2. Rio Grande Valley



BROCCOLI

I'm Captain Broccoli and I come from the cruciferous clan. The flower petals on cruciferous vegetables look like a cross. I'm a cousin to cabbage and cauliflower, and I grow in many parts of Texas. I really prefer cool weather, and hate hot weather. I am often boiled, roasted or steamed, but can also be eaten raw. My head is made up of tiny flower buds. If you don't pick me early enough, my head turns into a bunch of yellow flowers.



FUN FACT

Broccoli has been around for more than 2,000 years and has been grown in the United States for more than 200 years!



Chicken and Broccoli BAKE

INGREDIENTS

1 cup rice, uncooked • 1 broccoli, frozen (10 ounce package) • 3 cups chicken, cooked • 2 tablespoons margarine (or butter) • ¼ cup flour • 2 cups chicken broth • ¼ cup Parmesan cheese (optional)

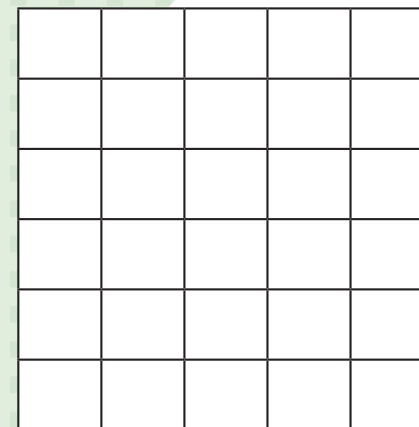
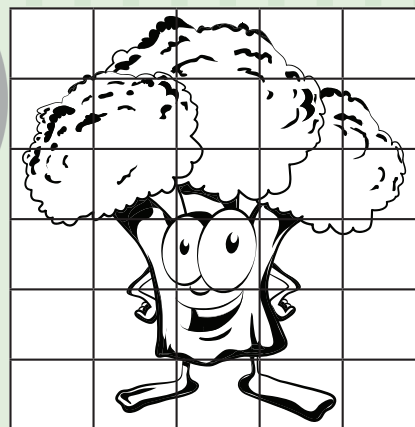
PREPARATION

1. Cook rice in 2 cups of water. **2.** Let broccoli thaw. **3.** Chicken should be off the bone. **4.** Melt butter in large sauce pan. **5.** Add flour to melted margarine and stir. This will be lumpy. **6.** Use broth from chicken you cooked or use canned chicken broth. Slowly add broth to margarine/flour. Stir to remove lumps and thicken. **7.** Add cheese and stir. **8.** Add rice, broccoli and chicken. Stir. **9.** Put in a casserole pan and bake at 350 degrees for 30 minutes or until thoroughly heated.

Healing HERO

I am filled with a lot of healthy vitamins and minerals, like vitamins A, C, K, calcium, and potassium, which provide the body with strength and help fight diseases.

Draw Captain Broccoli's FIRST MATE



Joke of the MONTH

Q: What do you call a vampire who grows broccoli?

A: Count Broccula

+200



+100



Recipes courtesy of: www.whatscooking.fns.usda.gov