

# CRUCIFEROUS VEGETABLES

## APRIL - 2021

### Did you know?

- Cruciferous vegetables are green foods rich in a range of essential nutrients.
- Cruciferous means cross bearing: Referring to the four petals on them that make the shape of a cross.
- They are known to lower rates of many chronic diseases, including cancer and heart disease when added adequately to the diet.
- There are more than 3,000 different cruciferous species, the most common being Broccoli, Kale, Cabbage and Brussels Sprouts.
- Cruciferous vegetables are full of nutrients. They are all extremely high in vitamin K, which is important for blood clotting and healthy bones.

**A tip: never overcook cruciferous vegetables. They can produce a strong sulphuric odour and become unappealing.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
						03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

