

# HARVEST OF THE MONTH

## recipe Roasted Romanesco

### you will need:

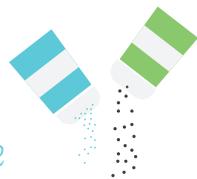
One head of Romanesco



3 teaspoons olive oil



Salt and Pepper to taste



## directions

1. Preheat oven to 400° F.
2. Cut Romanesco into small pieces.
3. Grease a baking sheet and coat Romanesco with the remaining olive oil.
4. Season with salt and pepper to your desired taste.
5. Roast until tips are golden brown, about 20 minutes.

## growing it

### Plant Me:

Plant me when temperatures start to cool. Space seeds 18 inches apart for large, healthy plants!

### Harvest Me:

Harvest just my pointy head and not the leaves before I start to separate. I should be tight and compact when squeezed.

## Romanesco

### taste chart

How does a romanesco taste?! Circle the flavors below:



## DID YOU KNOW?!

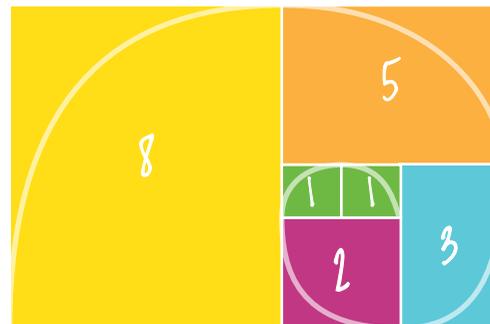
Romanesco is a cousin of Broccoli and Cauliflower.



## food origins

Romanesco was grown in Italy starting in the 16th century. It gets its name from its city of origin, Rome

The pattern in Romanesco is a perfect example of the Fibonacci sequence 1,1,2,3,5,8,13,21,34.



Do you see the pattern in the numbers and the spiral it creates? This pattern can be seen everywhere in the world around you! Observe a pine cone, a rose, a starfish and an ocean wave. Where else do you see this pattern in nature?



400 years later, the Romanesco traveled into the United States and became an interesting and popular vegetable!

## HEALTH FACTS



Romanesco is loaded with Vitamin A, which is great for your eyes.

It is high in Vitamin C and Zinc responsible for your immune system strong



It is rich in Iron, which helps to improve circulation.

Fiber keeps your digestion system healthy.