

# BROCCOLI RABE

## ANDY BOY PROPRIETARY SEEDS



D'ARRIGO  
CALIFORNIA

*With tender leaves and crisp florets, this bold veggie is not only extremely robust, but a powerful superfood.*



Rotini with Broccoli Rabe & White Sauce



Broccoli Rabe Tropical Power Smoothie



**BOOSTS  
IMMUNE SYSTEM**

Get over 50% of your daily value of vitamins A & C in 3.5 oz



**DETOXES**

Contains sulfur which helps detoxify the liver

### ALL IN ALL

Vitamins A, B, C, K, calcium, iron, magnesium, potassium, zinc and even some omega-3 fatty acids



**IMPROVES  
DIGESTION**

Contains 2 grams of fiber (insoluble & soluble) per cup



**SUPPORTS  
HEART HEALTH**

Contains strong anti-inflammatory nutrients, such as folate and vitamin C

PACK	PALLET CONFIGURATION	TIER/HIGH	CASE: L x W x D	Weight Per Carton
Full Pack	48 cartons per Pallet	8/6	19.08 x 11.06 x 11.04	20lb.
Half Pack	80 cartons per Pallet	8/10	19.08 x 11.06 x 7.0	10lb.
Organic Full Pack	48 cartons per Pallet	8/6	19.08 x 11.06 x 11.04	20lb.

### ADVANTAGES

- Year-Round Availability
- Proprietary Seeds
- Versatile Usage

### CARE & HANDLE

- Refrigerate Immediately: 34 - 36°F
- Wash Before Eating

*For delicious and nutritious broccoli rabe recipes, visit: [www.andyboy.com](http://www.andyboy.com)*