



Broccoli

Produced by:



THE LAND
CONNECTION

Fun Facts:

- The word broccoli comes from the Italian plural of broccolo, which means "the flowering crest of a cabbage."
- Broccoli has been commonly consumed since the time of the Roman Empire.
- Broccoli is closely related to cabbage.

Nutrition Information:

- Broccoli is a rich source of vitamins C and K and a good source of many B vitamins and manganese.
- Broccoli also has a good amount of dietary fiber and protein.

Preparation:

- Dunk the head into a sink filled with cold water to remove any hidden pests. Remove any blemishes using a knife and then snap or cut the florets (small pieces/"mini trees") off of the large center stalk. Cut the larger florets into halves or quarters so they are similar in size.
- The stalk of broccoli is often used as well, but typically requires peeling off of the fibrous outer layer.

Cooking:

Learn more at www.thelandconnection.org

Raw: cut into pieces and add to egg dishes, stir-fries, pizza, pasta, or salads.

Steam: place florets in the steamer basket of a saucepan or pot with about an inch of boiling water in the bottom. Cover the pot and cook on your stove over high heat for 5-10 minutes, or until slightly tender. Don't overcook.

Microwave: spread out 2 cups of florets in a 1-quart baking dish, add 1-2 tablespoons lightly salted water, and cover. Cook on high for 5 minutes, stir after 3 minutes, and then let stand, covered, for 2 minutes.

Roast: cut the head into florets and toss with olive oil, salt, and pepper. Spread out on a rimmed baking sheet and roast at 450°F for 15-20 minutes until lightly browned and tender.

Sauté: cut the head into florets, place in a hot and oiled skillet or sauté pan, stir, and cook until tender and browned. Great with other vegetables.

Puree: steam florets and stems, place in a blender or food processor and blend up with chicken stock or butter and cream. Use the puree for a creamy soup base. The puree can be frozen for later use.

Storage:

- Store broccoli, unwashed, in a plastic bag in the crisper drawer of your refrigerator. It is best used within a few days, though it can last a week.
- For long-term storage, broccoli can be frozen. Cut the head into florets, slice the stems, place in a pot of boiling water for 3-4 minutes, and then dump into an ice bath to stop the cooking process. Drain, let dry, and place in an airtight container or freezer bag.