



Kitchen Tips for Broccoli

MO Grown Produce

In Season in Missouri:	May - June AND September - November
Quality:	Choose heads with a tight cluster of closed flower buds that are green, purplish or bluish green. Yellow flowers and large buds are a sign of over maturity. The stalks should be firm.
Storage:	Store unwashed in refrigerator up to 5 days. Store away from ethylene gas producing fruits.
Food Safety:	Wash thoroughly under cold, running water just before use.
Yield:	For 50, ¼ cup servings, you need 5.25 pounds of untrimmed fresh broccoli.
Preparation Tips:	<ul style="list-style-type: none"> • Cut florets into even bite-sized pieces for cooking. • Avoid overcooking, which produces a strong sulfur odor and results in lost nutrients • If preparing large quantities, cook in small batches. • Stems can be eaten if the tough outer part is peeled off.
Kid-Friendly Serving Ideas:	<ul style="list-style-type: none"> • Blanch broccoli uncovered in boiling water for 3-5 minutes. Drain and plunge broccoli into cold water, drain. Then add to pasta, pizza or scrambled eggs. • Offer raw broccoli “trees” with a dip. • Top cooked broccoli with shredded cheese • Try Asian seasonings such as sesame, ginger, soy sauce and garlic
Nutrition:	Broccoli is a dark green vegetable. It is high in vitamin C and vitamin K, and is a good source of fiber, folate, vitamin A and manganese. It also has lots of phytochemicals like lutein and zeaxanthin.

Fun Fact # 1:

Thomas Jefferson, one of the founding fathers of the United States, was a fan of broccoli, importing the seeds from Italy to plant at Monticello.

Fun Fact #2:

Broccoli contains kaempferol, an anti-inflammatory, which helps fight against cancer and heart disease and may help prevent adult Type 2 diabetes.

