

Broccoli



How do I make a good selection?

Select firm and brightly colored heads of broccoli with tight florets that are dark green, purplish, or bluish green. Avoid discolored and damaged heads of broccoli.

What is Proper Storage?

Store unwashed broccoli heads in a plastic bag in the refrigerator for 3-5 days. Whole heads of broccoli can be stored, or can be cut into florets for quick use. You can also cut up and lightly steam right away, then store to add to salads, pizza topping and other dishes. Cook until just tender and still a bright green.

Why Should I Eat This?

Because it's delicious! Broccoli is a great source of calcium which helps keep bones strong. It also has Vitamin A which promotes cell growth and good vision. Broccoli is a good source of iron, which is important for helping blood cells move oxygen through the body. It also has folate, which is an important vitamin to eat, especially during pregnancy, as it plays an important role in preventing severe birth defects.

How Could I Use This?

- Add raw or cooked broccoli to a salad
- Try as a pizza topping
- Eat raw broccoli with dip
- Add broccoli to soup or stew
- Chop and add to an omelet
- Boil, steam, roast or microwave for a side dish
- Add to a pasta dish or pasta salad
- Add broccoli to a stir-fry
- Add to a casserole
- Try peeling the stems to get to the delicious crunchy part! Add this to salads, use for dips or just munch! It's very mild tasting.

Visit www.rollingharvest.org for more healthy recipes!

RECIPE: Roasted Broccoli

INGREDIENTS

- 2 pounds broccoli
- 2 garlic cloves peeled and thinly sliced
- 2 tablespoons oil (recommend olive oil)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- grated lemon zest from one lemon
- freshly squeezed lemon juice from one lemon
- 1/4 cup Parmesan cheese freshly grated (optional)

Garlic tip: Garlic has wonderful health benefits (antibiotic, boosts immune system and more) that can be inactivated by heat. But... if you chop or grate your garlic and then wait ten minutes, those healthy compounds are heat stable. So chop/grate, set aside and then add!



INSTRUCTIONS

Preheat the oven to 375 degrees F.

Wash broccoli and dry well. Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets. Set aside the rest of the stalks for another use, such as broccoli slaw. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 4 cups of florets.

Place the broccoli florets on a sheet pan large enough to hold them in a single layer. Drizzle with 2 tablespoons olive oil and sprinkle with the salt and pepper.

Put thinly-sliced garlic in a separate bowl and moisten with a slight amount of oil.

Roast broccoli 15 minutes. Then add garlic.

Roast for another 10 minutes or so, until the broccoli is crisp-tender and the tips of some of the florets are browned.

Remove the broccoli from the oven and immediately toss in a bowl with the lemon zest, lemon juice, and Parmesan cheese (if using). Serve hot.

You SNAP, we match. Use your SNAP dollars at Wrightstown and/or Doylestown Farmers Markets and receive an additional \$2 for every \$5 spent in SNAP.