

# Broccoli

Broccoli is a vegetable that grows as clusters of flower buds, called florets, on a stem. The heads of broccoli should be harvested before the flowers open or turn yellow.



## WHY SHOULD I EAT THIS?

Broccoli has calcium which helps build bones. It also has vitamin A which promotes cell growth and good vision. It is a good source of iron, which is important for helping blood cells move oxygen through the body. It also has folate, which is important for women who are pregnant, as it plays an important role in preventing birth defects.

## MAKE A GOOD SELECTION

Select large, 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.

## 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.

## WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST 						X	X	X	X	X		
MARKET 						X	X	X	X	X		

Source(s): Nebraska Buy Fresh Buy Local

## 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
- Add to an omelet
- Boil, steam, roast or microwave broccoli for a side dish
- Add to a pasta dish or pasta salad
- Add broccoli to a stir-fry
- Add to a casserole