

Broccoli

Nebraska Seasonal Produce Guide

Broccoli is a vegetable that grows as a cluster 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 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.

Proper Storage

Store unwashed broccoli heads in a plastic bag in the refrigerator for up to five days. Whole heads of broccoli can be stored or can be cut into florets for quick use.

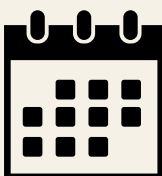
Make a Good Selection

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.



How Could I Use This?

- Add raw or cooked broccoli to salad
- Try as a pizza topping
- Eat raw broccoli with dip
- Add broccoli to soup or stew
- Boil, steam, roast, or microwave broccoli for a side dish
- Add to a pasta dish or pasta salad
- Add broccoli to a stir-fry or a casserole



Seasonal Availability in Nebraska

Harvest Season: June through October

Market Availability: June through October



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