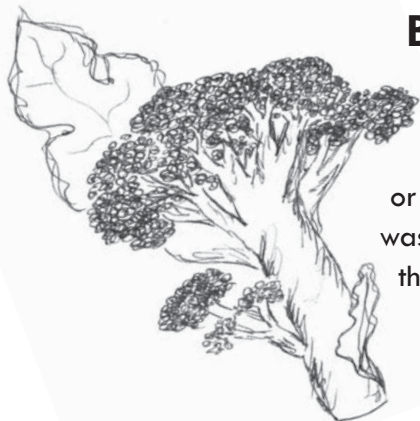


BROCCOLI



BROCCOLI belongs to the Brassica family along with collards, cabbage, turnips, and kale. Broccoli is believed to be the first of the crops to evolve from a wild species of kale or cabbage and was cultivated by the Romans. It was introduced in England in the early 16th century by the name of “Italian asparagus” or “sprout cauliflower.” It became an important vegetable in the US during the 1930’s. Broccoli is a cool season vegetable available in the Northeast in early summer and fall.

STORAGE

- ◆ Broccoli will last about a week when **stored in a damp cloth or paper towel** in the refrigerator drawer.
- ◆ To **freeze** broccoli, cut the stem and florets into bite sized chunks and steam for about 6 minutes. Drain and cool in ice water. Drain and pack in freezer bags.

PREPARATION

- ◆ Wash in cold, salted water to remove dirt and critters. Cabbage worms are prevalent on broccoli, especially in wet weather. Soaking will cause worms to die and drop off. After soaking, shake head hard to release worms.
- ◆ Cut off bottom end of stem and large leaves. If the skin of the stem seems tough, peel it off. Chop the florets from the main head to where they join the main stem, chop the stem into rounds and cook with florets.
- ◆ **Broccoli tastes delicious raw.** Try it in green salads, pasta salads, or with a dip.
- ◆ **Easy to cook and versatile,** broccoli can be steamed, sautéed, stir-fried, and braised. Use it in casseroles, soups, or as a side dish.
- ◆ Steamed or boiled broccoli may develop a sulfur smell if cooked too long. To prevent this immediately remove lid after steaming or boiling.

Nutritional Information

Broccoli is an excellent source of Vitamins A, C, K and folate. Vitamin A is important in vision, growth and development, skin health, immune function and reproduction. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption. Vitamin K is involved in blood clotting. A healthy diet with enough folate may reduce a woman’s risk of having a child with certain birth defects of the brain or spinal chord.

Broccoli Recipes

Broccoli Stir Fry (Serves 6)

- 1 Tablespoon vegetable oil
- 1 teaspoon garlic, minced
- 1 large onion, sliced
- 1 head of broccoli, washed and cut into bite size pieces
- 1 cup each of any other cut up fresh vegetables that you like such as celery, pepper, cauliflower
- 1 Tablespoon soy sauce or Worchester sauce
- 1/3 cup water



In a large skillet heat the oil. When it is hot add the garlic and onion and cook for about 1 minute. Add broccoli and other vegetables. Cook over a medium-high heat for about 2 minutes. Add soy or Worchester sauce and the water. Cover pan and cook in liquid until the broccoli is tender but still crispy, about five more minutes. Serve with steamed rice.

Recipe reprinted with permission from Linda Drake from [From the Farm to the Table](#). By Linda Drake, the UConn Cooperative Extension System EFNEP, and the Hispanic Health Council, 1996.

Angel Hair with Broccoli and Cheese (Serves 4-6)

- 1 Tablespoon olive oil
- 3 cups broccoli florets
- Salt and pepper
- 1-1/2 cups chicken or vegetable stock/broth
- 1 teaspoon chopped fresh thyme or basil
- 4 Tablespoons butter, cut into small pieces
- 4 ounces goat cheese, crumbled (or other soft cheese of your choice)
- 12 ounces angel hair pasta



In large pot, cook pasta according to package directions. Meanwhile, in large sauté pan, heat olive oil and sauté broccoli for 2-3 minutes, season with salt and pepper. Set aside in a bowl. Pour stock into same pan and add the thyme/basil. Bring it to a boil and reduce the liquid by half. Add butter and cheese, stirring until melted. Add pasta and broccoli. Cook until heated through, season with salt and pepper.

Recipe adapted from [Pizza, Pasta and More!](#) by Wolfgang Puck, copyright 2000 by Random House

Cream of Broccoli Soup (Serves 4-6)

- 4 cups broth (chicken, vegetarian or miso)
- 1 pound broccoli, washed and trimmed into florets and small stems (remove tough stems)
- 3 Tablespoons butter
- 2 cloves garlic, minced
- 3 Tablespoons all-purpose flour
- 1 cup half-and-half
- Salt and pepper to taste
- Dash of nutmeg
- 1/4 cup yogurt (if desired)
- 2 Tablespoons minced chives, scallions, or garlic chives (if desired)



In a large pot, bring the broth to a boil and then add broccoli florets and stems. Lower the heat and simmer until the broccoli is crisp, yet tender. Reserving 2 cups of broth, drain the broccoli and cool. Set aside a handful of florets. In a food processor fitted with metal blade, puree the rest, adding reserved broth a little at a time to get desired consistency. Set aside. In a large saucepan, melt butter and add garlic. Stirring constantly, add flour and cook for 2 minutes. Gradually add half-and-half, salt, pepper and nutmeg. Cook until the sauce thickens, about 2 minutes. Add the reserved pureed broccoli and florets and heat through. If desired garnish soup with yogurt and chives. This soup freezes well.

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