

Produce of the Month



Broccoli



Nutritional Information

- One serving of broccoli has 50 calories
- Broccoli is a good source of vitamins K & C, fiber, potassium, and folate
- Broccoli has the power to:
 - Build body tissues and bones
 - Promote digestive health
 - Lower cholesterol
 - Promote nerve function and heart health
 - Promote cell production in the body

Selecting & Storing

- Peak broccoli season falls from October through April
- Choose broccoli with floret clusters that are compact and not bruised
- Clusters should be uniformly colored and vibrant with no yellowing
- The stalk and stems should be firm with no slimy spots
- Place unwashed broccoli in a plastic bag and store in the refrigerator for up to ten days or...
- Blanch and freeze broccoli for up to a year

Cooking Suggestions

- Broccoli is delicious in savory dishes and Asian recipes
- Try tossing pasta with olive oil, pine nuts, and steamed broccoli
- Purée cooked broccoli and cauliflower with spices and chicken stock for a quick soup
- Add broccoli florets to your favorite quiche, frittata, or omelet recipe
- Serve as a quick side roasted with butter and lemon

Fun Facts

- Broccoli originated in Italy and has been eaten since 6th century BC
- The first broccoli grown commercially was harvested in New York
- Frozen broccoli is just as nutritious as fresh broccoli, but it does contain twice as much sodium as fresh-picked

Manchester's Message for a Healthier You

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9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

For more information visit: <http://95210.townofmanchester.org/>

For more ideas, see: <https://www.whgoods.com> Search: Broccoli