



BROCCOLI



Broccoli is part of the mustards family. This family includes brussle sprouts, cabbage, cauliflower, and kale. Broccoli is very popular and extremely versatile!

NUTRITIONAL INFORMATION

- Broccoli is a rich source of fiber. This promotes a healthy digestive system
- Broccoli is high in vitamin K, C, and folic acid. These are important for immune support and bone health. Folic acid is particularly beneficial for pregnant women.
- Broccoli is 90% water! This helps your body stay hydrated.

HOW TO STORE

- Broccoli is best stored fresh, slightly damp, in the refrigerator covered with damp towels for 2-3 days.
- Broccoli can also be frozen for long periods of time. This does not alter the nutritional content of the vegetable at all.

HOW TO PREPARE

- Wash the head of broccoli.
- Chop the stalk into rounds and carefully cut off the florets. Rinse chopped pieces to ensure any dirt is washed off.
- Sauté on the stove, roast in the oven, steam in a pot, or simply add raw to the top of a salad!

FUN FACTS

- Broccoli was initially introduced to the United States by Italy in the 1800s.
- Broccoli grows best in the spring or fall. This is because it prefers cooler temperatures.



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