



Broccoli

Growing and Harvest Information

Broccoli requires full sun and moist soil. Plant broccoli seeds $\frac{1}{2}$ inch deep and 12 to 24 inches apart during mid to late summer. Some broccoli is heat tolerant, but all need regular watering. Harvest broccoli when the buds of the head are firm and tight before the heads flower. If you see yellow petals, harvest immediately.

For best taste, harvest in the morning before the soil heats up. Cut the stalk of the main head at a slant, about 5 to 8 inches below the head.

Most varieties have side-shoots that will continue to develop after the main head is harvested. You can harvest from one plant for many weeks, in some cases, from spring to fall, if your summer isn't too hot.

Introduction

Broccoli is a member of the Brassica family. It is a nutritious vegetable, high in vitamins C and K. Both the florets and the stalks of broccoli can be eaten raw or cooked. The leaves are edible as well, but are generally not eaten raw due to their bitter flavor.

Preservation

Storage:

- Store broccoli in a loose or perforated bag in the refrigerator. Do not wash broccoli before storing it in the refrigerator, as excess moisture will promote spoilage.

Freezing:

- Bring a large pot of water to a rolling boil
- Divide head of broccoli into 1-2 inch florets
- Add broccoli to boiling water and blanch for 4 minutes
- After broccoli has been blanched, submerge it in an ice bath until completely cooled
- Pack cold broccoli into a zip-closure freezer bags, making sure to squeeze out as much air as possible

Canning:

- Bring a large pot of water to a rolling boil
- Divide head of broccoli into 1-2 inch florets
- Boil broccoli for 3 minutes
- Pack broccoli into hot sterilized jars
- Pour hot water into each jar (you can use the water that the broccoli was boiled in), leaving 1 inch of head space
- Add 1 teaspoon of canning salt to each jar
- Seal jars with sterilized caps and bands
- Process pint jars at 10 pounds pressure for 30 minutes.

Nutritional Benefits

Source	Rating
Vitamins	EXCELLENT
Minerals	MODERATE
Fiber	GOOD

Use By Guide

Vegetable State	Use by
Raw	3 days
Frozen	1 year
Canned	1 year



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Fun Fact:

Broccoli leaves and stems are edible, and an excellent source of vitamins.

Try Broccoli In:

Pasta
Rice
Salads
Soups
Bread
Casseroles
Stir-Fries

Prepare Broccoli Like This:

Baked
Boiled
Grilled
Microwaved
Raw
Roasted
Sautéed
Slow-Cooked
Steamed

Preparation

Recipe 1: Broccoli Salad with Garlic and Sesame

Ingredients:

- 1 ½ teaspoons red wine vinegar
- 1 teaspoon kosher salt, more to taste
- 2 heads broccoli, cut into bite-size florets
- ¾ cup extra virgin olive oil
- 4 fat garlic cloves, minced
- 2 teaspoons cumin seeds
- 2 teaspoons roasted sesame oil
- Large pinch crushed red pepper flakes

Directions

- In a large bowl, stir the vinegar and salt together. Add the broccoli and toss to combine.
- In a large skillet, heat olive oil until hot, but not smoking. Add garlic and cumin and cook until fragrant, about 1 minute. Stir in sesame oil and pepper flakes. Pour mixture over broccoli and toss well. Let sit for at least 1 hour at room temperature, and up to 48 (chill it if you want to keep it for more than 2 hours). Adjust seasonings (it may need more salt) and serve.

Recipe 2: Pan-Fried Broccoli Stems

Ingredients:

- 4-8 Broccoli Stems
- About 4 tablespoons grape seed oil or olive oil

Directions

- Step 1: Peel broccoli stems and slice crosswise, very thin, about 1/8 inch.
- Step 2: Heat a heavy skillet over high heat and add enough oil to coat well (about 1/8 inch of oil in the pan). When oil is hot add broccoli stems in a single layer. (Don't add too many at a time because they will cook quickly and you need to turn them all over before they burn.) Turn heat down to medium-high and cook broccoli stems until edges are lightly brown, then flip over with tongs. Cook for 30 seconds to a minute more and remove from oil. Drain on paper towels, sprinkle with salt, and let cool for about a minute before eating.
- Step 3: Continue with all of the broccoli stems, adding oil as needed.