Broccoli

Background:

Common types include broccoli, broccolini, broccoli rabe, and Chinese broccoli.

Goes well in salads, soups, stir-fries, and dips.

Can be consumed raw or cooked, such as steamed, roasted, or stir-fried.

Florets, leaves, and peeled stalks can all be eaten.

Found in American, Mediterranean, and Asian cuisines.

Nutritional Value:

1 cup of cooked broccoli contains only 55 calories but has 245% of the recommended daily intake of vitamin K and 135% of the recommended vitamin C intake.

Vitamin K plays a role in bone health and helps regulate inflammation.

Vitamin C is an antioxidant that helps form collagen and maintain brain health.

Broccoli is high in sulfur compounds, which have anti-inflammatory benefits.

1 cup of broccoli contains 21% of the daily recommended amount of fiber.

Broccoli also contains chromium, folate, and B vitamins.
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How to SHOP:
Broccoli can be found in the misted or room temperature storage areas of the produce section in most grocery stores.

Choose broccoli with green florets, not yellow, and moist stems that are not brown

Fresh broccoli should be heavy for its size

Frozen broccoli is another good option when fresh is not available

How to GROW:
Broccoli grows best in the fall growing season

Comet Green, Packman, and Premium crop are three varieties of broccoli that grow well in Texas

Plant seeds 2-3” deep, 14-18” apart, and with 36” between rows

Harvest the heads when they are 6-8” in diameter and the very first flower shows the slightest yellow color

One broccoli plant can be harvested several times

How to STORE:
Keep frozen broccoli in the freezer until ready to cook

Fresh broccoli should last up to 10 days stored in an open plastic bag in the refrigerator