

Broccoli





Broccoli

SHOPPER'S TIPS

- Look for a firm stem and tight, compact florets with dark green color.
- Avoid tough stems and florets that are open, flowering, discolored, or soaked with water.

FUN FACTS!

- Broccoli was first grown in Italy and has been around for more than 2,000 years.
- Broccoli has as much calcium per ounce as milk.

WHAT IS IN IT FOR YOU?

One cup of chopped broccoli is:

- An excellent source of vitamin C and vitamin K.
- A source of folate and vitamin A.

SERVING IDEAS

- Boil broccoli in a small amount of water until tender.
- Sauté broccoli with chopped onions and Italian seasonings.

PEAK SEASON

California grown varieties, available year round, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store unwashed broccoli in an open plastic bag and place in the refrigerator for up to five days.