



Give Your Family More of the Good Stuff!

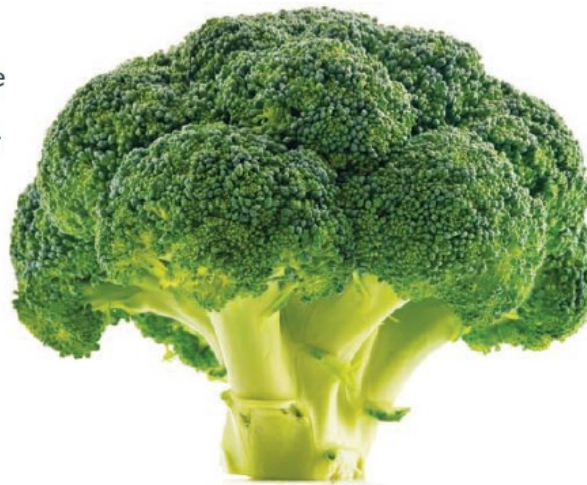


Broccoli Basics

Shop and Save

- ✿ Choose fresh broccoli with a firm stem and tightly packed, dark green heads.
- ✿ Avoid broccoli that looks limp, has an odor or has buds opening to show yellow.
- ✿ Although broccoli is available year round, it may cost less during peak months of October through April.
- ✿ Frozen broccoli is available year round and might be cheaper than fresh. Check the cost per ounce to find the cheapest package size and brand.

Broccoli is an excellent source of vitamins A, C and K.

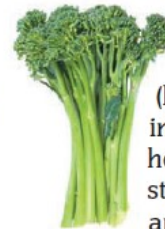


Types of Broccoli

Green broccoli (Calabrese) – most common type of broccoli. Light green stalks with dark green heads of closed flower buds. Stems, leaves and head are edible.



Broccolini – a natural cross between broccoli (Calabrese) and Chinese broccoli (kai lan). Dark green in color with small heads and long thin stalks. It is sweeter and more tender than broccoli.



Broccoflower (Romanesco) – a cross between broccoli and cauliflower. Has bright, light green curds. Some varieties have interesting shapes. Raw tastes much like cauliflower; cooked tastes more like broccoli.



Store Well Waste Less

- Store broccoli in the refrigerator in open or perforated plastic bags (make 20 holes in a medium bag). For best quality use within a week.
- Wash just before using.
- Stalks are nutritious too! Cut them in even slices or strips so they cook quickly. Heavy, woody stalks may need to be peeled.



- Broccoli can be frozen. Blanching first helps keep the color and flavor at best quality.

1 pound fresh broccoli makes about 2 cups chopped

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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