



COMMUNITY NEWSLETTER

BROCCOLI



Broccoli is a flowering plant. It is part of the Brassicaceae family which also includes cabbage, cauliflower, kale, and wild mustard. Broccoli was cultivated from wild cabbage in the Northern Mediterranean region of Ancient Rome and Greece around the 600 BCE. Sailors carried broccoli across trade routes to Europe in the 1500s and then to North America in the 1700s. American farmers started growing broccoli as crop in the 1920s. The leaves, stem, and flowering head of the broccoli plant are all edible. When eaten raw, broccoli has a crunchy texture with a grassy, slightly sweet, and mildly bitter flavor. When cooked, broccoli becomes tender and nuttier in flavor. Broccoli can be prepared raw or air-fried, baked, boiled, microwaved, roasted, sautéed, steamed, or stir-fried. In Michigan, broccoli is harvested from June through November.



BROCCOLI IS

- An excellent source of vitamin C*. Vitamin C is important to the body's tissues and supports a healthy immune system.
- An excellent source of vitamin K. Vitamin K is vital for blood clotting and healthy bones.
- A good source of folate. Folate supports the production of healthy red blood cells and is important during periods of rapid growth, like pregnancy.
- A source of fiber. Fiber helps us feel fuller and benefits the digestive and cardiovascular systems.

**Foods that are high in vitamin C, calcium and/or iron can help protect you from lead absorption.*

MICHIGAN MADE

Broccoli is a cool season crop that grows well along Michigan's freshwater coastlines. Because of the cooler temperatures along the Great Lakes, Michigan broccoli is sweeter than broccoli grown in the Southern or Southwestern United States or Mexico. Michigan farmers process broccoli for the fresh market in the form of precut crowns, bagged florets or shredded for coleslaw. They also process broccoli for the fresh frozen and canned soup markets. Michigan farmers in Oceana and Mason counties produce the most broccoli in the state.

FUN FACTS

- There are two categories of broccoli, heading and stem. Heading varieties have a large head with a thick stalk. Stem varieties have a slender stalk with small florets.
- There are over 40 varieties of broccolis. Some popular types include Amadeus, Apollo, Bellstar, Broccoli Robb, Broccolini, Calabrese, Purple Sprouting, and Romanesco.
- Calabrese is the most common variety of broccoli.
- The broccoli stalk contains the most fiber.
- Broccoli is harvested by hand using a knife to cut the stem from the plant.
- On average, Americans eat about 6 pounds of broccoli each per year.



BUYING AND STORING

- Select broccoli with a firm stalk and tightly compacted florets.
- Store unwashed fresh broccoli in the refrigerator for three to five days in an open or perforated plastic bag or like a bouquet of flowers with stems in water, loosely covered in plastic, changing water daily.
- To freeze: Cut into bite-size pieces and blanch before freezing to help broccoli keep its color and flavor. Broccoli will keep frozen in a plastic bag or container up to one year.
- Wash all fresh fruits and vegetables before using. Rinse broccoli in cool water.



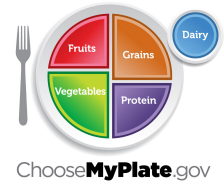
COMMUNITY NEWSLETTER: BROCCOLI

MORE THAN FRESH

In addition to fresh, broccoli is available fresh frozen and processed for packaged frozen meals and canned products. When buying packaged broccoli, be sure to read labels and choose items that are reduced or low-sodium (salt), or no salt added and low in saturated fat.

EAT WITH MYPLATE

MyPlate focuses on whole grains, lean protein, low-fat dairy, and half the plate being fruits and vegetables. Broccoli is part of the Vegetable Group. Most people need 2–3 cups of vegetables per day. For more information visit: myplate.gov.



IT ALL COUNTS

Fresh, frozen, canned, dried, and 100% vegetable and fruit juices count toward your daily MyPlate goals.

CITRUS BROCCOLI SUNFLOWER SALAD

Time: 15–30 minutes | Makes: 10 servings | Serving Size: About 1 cup

Nutrition Information Per Serving: Calories 126, Carbohydrate 14g, Dietary Fiber 3g, Protein 3g, Total Fat 8g, Saturated Fat 1g, Cholesterol 3mg, Sodium 174mg

INGREDIENTS

- | | |
|--|--|
| ¾ cup light mayonnaise | 2 heads fresh broccoli (about 8 cups), chopped |
| 2 teaspoons fresh lemon or orange juice | ½ cup dried cranberries (or golden raisins) |
| 2 garlic cloves, minced, or ½ teaspoon garlic powder | ½ cup roasted sunflower seeds |
| ½ teaspoon black pepper | ¼ cup red onion, minced |

INSTRUCTIONS

1. Wash broccoli, trim stem ends and discard, cut stalks from florets and peel. Chop everything into bite sized pieces.
2. Whisk mayonnaise, juice, garlic, and pepper in large bowl.
3. Add broccoli, cranberries, sunflower seeds, and minced onion. Mix gently to coat.
4. Refrigerate at least 1 hour before serving.

CHANGE IT UP

- Add ½ teaspoon ground Dijon mustard, and 1 tablespoon fresh thyme leaves to Step 2.
- Add 2 medium chopped apples and ½ cup crumbled bleu cheese.
- Add ¼ cup crisp bacon or bacon bits and ½ cup canned garbanzo beans, drained and rinsed.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

TRY THIS

- Add broccoli to casseroles, eggs, pastas, soups, and stir fries.
- Squeeze fresh lemon over cooked broccoli for a burst of flavor.
- Toss broccoli with vegetable oil, minced garlic, and a pinch of salt. Roast at 400 F on a baking sheet for 20 minutes and serve.