

---

## Selection

Choose bunches of broccoli with tight florets that are dark green, purplish, or bluish green.

Stalks should be very firm. Florets are richer in beta-carotene than the stalks.

Fresh broccoli contains more nutrients than frozen broccoli.



---

## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Store fruits and vegetables in different drawers in the refrigerator.
- ◆ If fruits and vegetables are stored on the shelves make sure the meat that is in there is stored below the produce.
- ◆ Refrigerate vegetables in perforated plastic bags.

---

## Why Buy Local?

- ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
- ◆ Buying local lets you see and meet the people who produce our food.
- ◆ You are making a healthy choice for you and your family.
- ◆ Buying local keeps farmers on the land and producing for everyone.



### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

---

Originally developed by: Jennifer Blazek,  
UW Extension Polk County, Balsam Lake, WI;  
<http://polk.uwex.edu> (June, 2014)



**Broccoli**  
**Brócoli**

---

## Uses

Broccoli is very good steamed or it can be eaten raw with your favorite dip.

Add broccoli to salads, soups, stews, casseroles and stir-fries.



---

## Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Sodium free
- ◆ Good source of Fiber
- ◆ Good source Vitamin C
- ◆ Good source of Iron

---

An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements

---

## Try It!

### Broccoli Salad

#### INGREDIENTS

- |         |                                  |
|---------|----------------------------------|
| 6 cups  | Chopped broccoli                 |
| 1 cups  | Raisins                          |
| 1       | Medium red onion, peeled & diced |
| 2 Tbsp. | Sugar                            |
| 8       | Bacon slices, cooked & crumbled  |
| 2 Tbsp. | Lemon juice                      |
| 3/4 cup | Low-fat mayonnaise               |

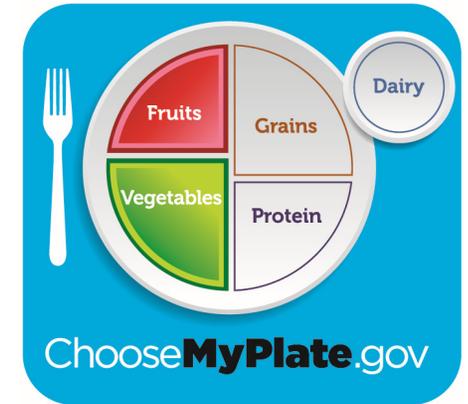
#### INSTRUCTIONS

1. Combine all ingredients in a medium bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.

Recipe Source: [www.recipesource.com](http://www.recipesource.com)



Broccoli Salad



---

## History & Fun Facts

Broccoli has been around for more than 2,000 years and was first grown in Italy. The name broccoli comes from the Latin word brachium, which means “branch” or “arm”. Americans have grown broccoli for over 200 years.

Broccoli is a member of the cabbage family, which may help prevent certain types of cancer. Broccoli has as much calcium per ounce as milk