



Broccoli

Plant: Broccoli should be planted in late April-May in organic-rich soil. Seeds should be planted 15-18" away from other plants and 30-36" away from the next row. They should be planted 1/4-1/2" deep into soil. For the best growth, broccoli should be planted in a weed free, sunny spot; however it can tolerate part shade.

Grow: If you have starter plants, move these to your garden 2 weeks before the last expected frost since broccoli can tolerate a light frost. A starter fertilizer should be used prior to transplanting into the garden. Broccoli grows best near bush bean, beets, carrots, celery, chard, cucumber, dill, lettuce, onion, potatoes, spinach, and tomatoes. Growth may also benefit from applying Boron, calcium, and magnesium to prevent a hollow stem.

Harvest: Broccoli is ready for harvesting 4-5 months after planting. It should be harvested right before the buds open by snipping the stem 6" below a bud cluster. This will in turn promote growth of side shoots to provide a greater amount of smaller broccoli heads over time.

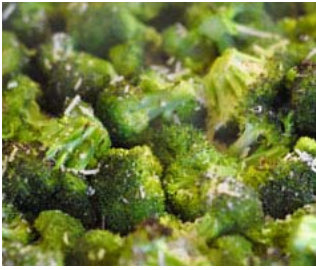
Nutrition Facts	
Serving Size	
1 cup, chopped (88.0 g)	
Amount Per Serving	
Calories 30	Calories from Fat 3
% Daily Value*	
Total Fat 0.3g	1%
Saturated Fat 0.0g	0%
Polyunsaturated Fat 0.0g	
Monounsaturated Fat 0.0g	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrates 5.8g	2%
Dietary Fiber 2.3g	9%
Sugars 1.5g	
Protein 2.5g	
Vitamin A 11%	Vitamin C 131%
Calcium 4%	Iron 4%
* Based on a 2000 calorie diet	

Nutritional Information:

Broccoli is very high in vitamin C, which helps strengthen our immune system and aid in the absorption of iron. Folic acid in broccoli helps maintain normal tissue growth. It is high in potassium, which helps keep blood pressure level, and calcium, which helps maintain bone strength.

How to Prepare:

Cook broccoli until tender or crisp by boiling in salted water for 4-7 minutes or steam 3-5 minutes. Other cooking methods include microwaving, sautéing, stir-frying, or mixed with other ingredients such as cheese, butter, herbs/spices, or just salt. Broccoli can also be eaten raw with dips/salads. Freezing maintains broccoli taste, color, and texture.



Parmesan-Roasted Broccoli

Yields: 4 servings

Serving size: 1 cup

Ingredients

- 5 lbs trimmed broccoli (9 cups of florets)
- 1 tbsp minced garlic
- 5 tbsp olive oil
- 2 tablespoons freshly squeezed lemon juice
- 4 tablespoons pine nuts, toasted
- ¼ cup freshly grated Parmesan cheese
- ¼ cup freshly grated Romano cheese
- 6 basil leaves, sliced julienned
- Season with salt and pepper

Directions

1. Preheat the oven to 425° F.
Place the broccoli florets in a single layer on a sheet pan .
2. Toss the garlic on the broccoli and drizzle with olive oil, Season with salt and pepper.
3. Roast for 20 to 25 minutes, until crispy and tender-some of the florets may be browned.
4. Immediately toss roasted broccoli with 2 tablespoons olive oil, lemon juice, Parmesan cheese, Romano cheese, pine nuts and basil. Serve while hot.

Nutrition Facts per Serving:

300 calories, 24 g fat, 12 g carbohydrates, 2 g fiber, 10 g protein