



Broccoli Rabe “Rapini”

Plant: Broccoli Rabe is different than broccoli although it may look and sound alike. It's actually a subspecies of a turnip, with long stems, larger florets, and less leaves. It has a pleasantly bitter taste. It is a cool weather crop that can be planted in fall or spring in the lowcountry. Choose a planting site that receives full sun and has well-draining soil. Plant seeds ¼ to ½ inches deep. Space the seeds 1 to 3 inches apart, and the rows 18 to 24 inches apart. Water well, immediately after planting.

Grow: Water seeds once a week providing 1 inch of water each time. Thin the seedlings to 3 to 6 inches apart as they grow. Pull weeds as soon as you notice them to prevent weeds from stealing moisture and nutrients from the roots of the plant.

Harvest: Harvest as soon as buds appear on the plants. Plants should be between 1 and 2 feet tall. Cut the stem 5 or 6 inches under the bud. The plant will grow another, more tender shoot where it was cut and can be harvested later on in the season.

Nutrition Facts

Serving Size 1 cup chopped 40g (40 g)

Amount Per Serving

Calories 9 Calories from Fat 2

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol	0%
Sodium 13mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Sugars 0g	

Protein 1g

Vitamin A 21% • Vitamin C 13%

Calcium 4% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Information:

Broccoli rabe provides high levels of vitamin A and vitamin C. This green is also a great source of folate, a B vitamin which protects against birth defects in the early stages of pregnancy, and may help prevent heart disease. It is also a fantastic source of potassium, fiber, and calcium.

How to Prepare: The stem, shoots, and leaves are all edible. Reduce the bitterness of broccoli rabe by blanching it in salt water and then shocking it for a couple seconds by plunging into ice water. Most commonly eaten sautéed with olive oil and garlic but can also be eaten plain when steamed. Store the greens wrapped in a damp paper towel inside a plastic bag, up to four days.



Lemon Garlic Broccoli Rabe (Rapini)

Yields: 4 servings

Serving size: ½ cup

Ingredients

- 1 lb fresh broccoli rabe (rapini)
- 3 tsp soy sauce
- 2 tablespoons lemon juice
- 3 teaspoon olive oil
- 1 ½ teaspoon garlic, minced
- 1 ½ teaspoon ginger root, minced

Preparation

1. Blanch broccoli by boiling in water for 2-3 minutes then plunging into ice water. Drain well.
2. Heat oil over medium heat in a sauté pan. Add garlic and ginger root. Cook for 3-4 minutes.
3. Add broccoli, soy sauce and lemon juice. Heat thorough and serve warm.

Nutrition Facts per Serving:

45 calories, 1 g fat, 8 g carbohydrates, 4 g fiber, 3 g protein