



Pick it! Try it! Like it!

BROCCOLI

Pick it!

Choose tight florets that are green, purplish or bluish green.

Head should be large with a tight cluster of small flower buds and very firm stalks.

Yellow flowers and large buds are a sign of over maturity.

Store in the vegetable crisper of the refrigerator and use in a short period of time.

Do not rinse until just before using.

Try it!

Broccoli is great raw with sauces or dips.

The stalk is edible and contains a high amount of fiber – to use, peel it first.

Cut florets into even-sized pieces for cooking.

Steam 3-4 minutes or simmer in 1 inch of boiling water until bright green and tender crisp.

Avoid overcooking, which produces a strong sulfur odor and results in lost nutrients.

Also great added to salads, soups, stews, casseroles and stir fry.

Prepare broccolini similarly to asparagus – roast or lightly sauté.



Sprouting

- Most familiar type available at grocery stores
- Small stems sprouting from main stem with green clusters



Broccolini

- Cross of broccoli and Chinese broccoli
- Smaller, delicate, sweeter type of sprouting broccoli



Romanesco

- Cross between broccoli and cauliflower
- Admired for its spiral flower patterned heads

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Chef Shane Gilbertson's Sweet Broccoli Salad

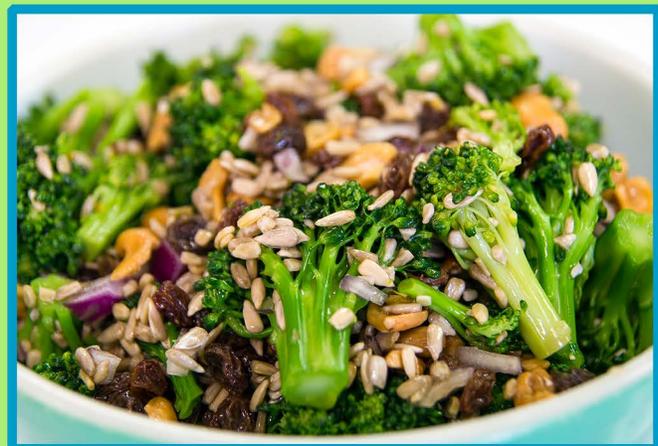


Chef Shane (pictured left) is the Kitchen Manager for the new store kitchen at the recently remodeled Co-op Natural Foods. He and his assistant Tommy (pictured right) love to experiment with the many ingredients available at the Co-op. He enjoys preparing simple, delicious meals and getting feedback from his hungry customers.



Ingredients

- 2 lbs chopped broccoli
- 8 oz diced red onion
- 8 oz sunflower seeds
- 8 oz raisins
- 6 oz roasted cashews
- to taste agave nectar
or honey



Preparation time: 15 minutes

Directions

Blanche broccoli by boiling for 3 minutes or steaming for 5 minutes and then placing it in ice water immediately after. Once cool, combine broccoli, onion, sunflower seeds, raisins, and cashews in a salad bowl. Add agave nectar or honey to taste. If using honey, mix it with a little bit of water to achieve a similar consistency.

Recipe yields four servings.

Did you know?

Blanching vegetables before freezing them is one of the best ways to preserve flavor, color, and nutrients.



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