



# Broccoli

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## STORAGE

Store in plastic in fridge, 7-10 days. 5 days if pre-chopped.

## PREP

Cut broccoli into preferred size for cooking.

Store stems (cooked or uncooked) in the freezer.

## COOKING

In addition to the standard, and delicious, steamed broccoli you can try:

- grilling & roasting
- saute & stir-fry
- raw in salads, pasta salads, and slaws
- soups casseroles, frittata

## LITTLE EXTRA

Extra cooked broccoli can be stored in the freezer for later use.

Cooked or uncooked broccoli stems can be stored in the freezer for adding to a soup or vegetable stock.

## BATCH FREEZING

To store large amounts of broccoli for later use, steam, blanch, and freeze.

## CROP AVAILABILITY

Due to high pest pressure we grow broccoli only in late spring and early summer.

