



HARVEST

of the

MONTH



September

BROCCOLI

HEALTH BENEFITS

- Broccoli is high in fiber, potassium, folate, and calcium.
- It is also rich in vitamin K, which is important for proper blood clotting function, and the antioxidant vitamin C, which can help fight against damage from UV rays.
- Broccoli contains a variety of beneficial phytochemicals including some linked to cancer prevention, the lowering of cholesterol, and the improvement of eye and gut health.

SNACKING + COOKING TIPS

- Broccoli can be eaten raw or cooked. Cooked broccoli should be bright green and still have a slight crunch to it, taste a piece to be sure.
- Broccoli can be sauteed, roasted, steamed, grilled, or added to soups and sauces.
- Broccoli is a member of the cruciferous family (think Brussels sprouts, cabbage, cauliflower) and does best when cooking times are short. Long cooking times will affect flavor and reduce the vitamin content. As an addition to soups or stews, broccoli should be added near the end.

SHOPPING + STORAGE TIPS

- Broccoli should be firm, bright green, and feel heavy for its size. The heads should be tight and compact. The florets should not be yellow and the stems should not be brown and dried out.
- Broccoli needs airflow to keep from going bad. Do not wash broccoli until you are ready to use it. Store loosely in plastic in the refrigerator.
- Broccoli is a cool season crop. Early spring and fall are the best times to look for it at farmer's markets and produce stands in Wisconsin.



Harvest of the Month highlights a locally available crop each month of the year in school cafeterias, community organizations, restaurants and grocery stores. The program helps children, their caregivers, and the broader community learn more about healthy, seasonal, whole-foods eating, while supporting local farms.