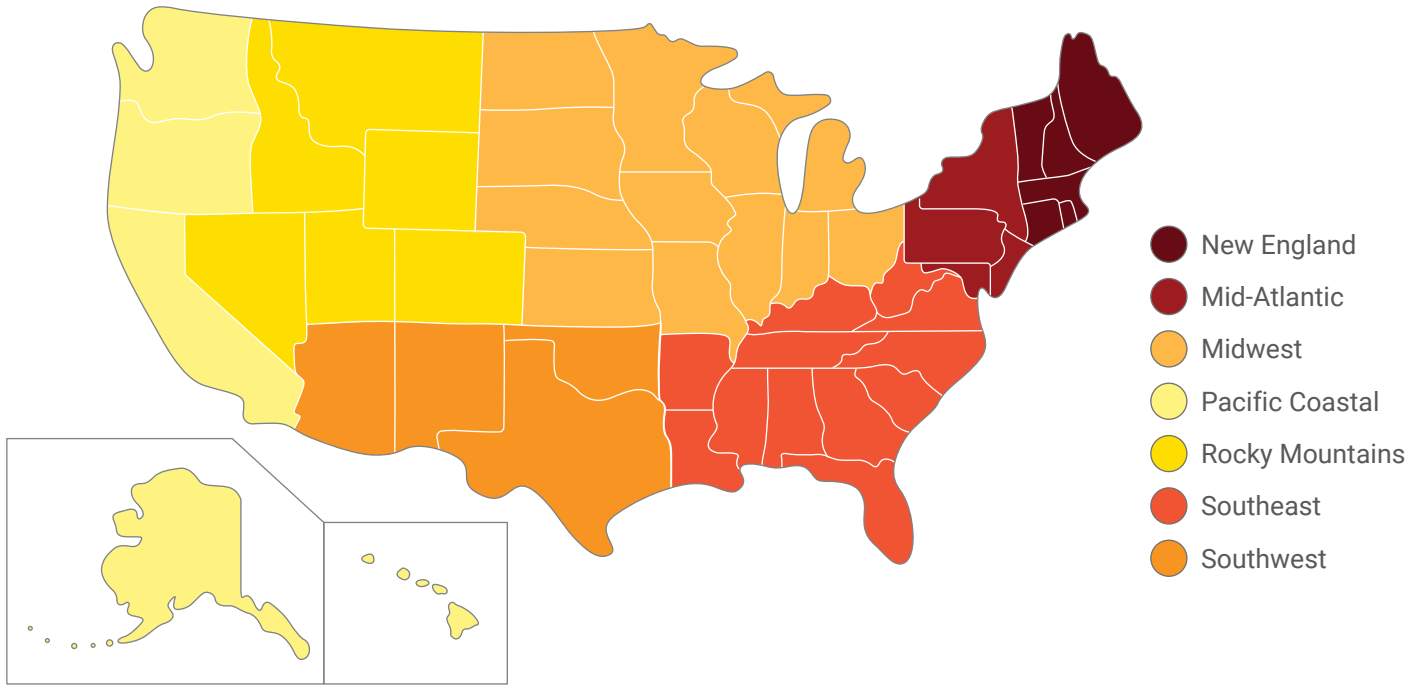


GUIDE TO **BROCCOLI**

Broccoli is a nutrient-dense superfood that is packed with vitamins, fiber, protein, and antioxidants. This green veggie has a thick stem that is topped with rounded florets and has a grassy and mildly bitter flavor.

Seasonality

The peak season for broccoli begins in June and July in most regions in the United States.



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
New England¹					●	●	●	●	●	●	●	
Mid-Atlantic						●	●	●	●	●	●	
Midwest²			●	●	●	●	●	●	●	●	●	●
Pacific Coastal³	●	●	●	●	●	●	●	●	●	●	●	●
Rocky Mountains⁴				●	●	●	●	●	●	●	●	●
Southeast⁵	●	●	●	●	●	●	●	●	●	●	●	●
Southwest⁶	●	●	●	●	●	●				●	●	●

1. VT: April - November
2. IL: beginning in March

3. CA: year-round
HI: December - March

4. NV: April, May, August, September, November, December

5. FL: December - March
LA: November - May

Broccoli is primarily a summer vegetable, so if you're living outside the U.S., it is still available during the summer time.

Prepping Tips



Rinse under cool water and pat dry



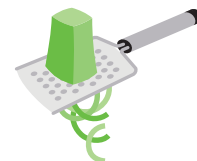
Slice off end of stem



Trim off floret stalks with knife



Cut florets in half



Slice stems into smaller pieces or grate for slaw

Best Cooking Methods



Steam

5 - 6 min



Grill

8 - 12 min



Roast

17 - 22 min at 400 - 425 F / 204 - 220 C



Sauté

3 - 5 min



Blanch

boil 1 min, then dunk in cold water



Microwave

2 - 4 min



Puree

roast or saute and simmer with broth before pureeing



Air Fry

5 - 9 min at 400 F / 204 C



Instant Pot

1 - 2 min on High with QPR

Ways to Enjoy

Flavor Pairings



balsamic vinegar



fish / oyster sauce



oregano



sesame oil



butter



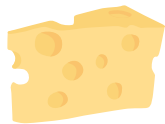
garlic



ranch / mayo



soy sauce



cheese



ginger



red pepper flakes



thyme



chili



lemon



salt and pepper



walnuts

Dishes

- baked potatoes
- grain bowls
- soup
- casserole
- pasta / noodles
- stir-fry
- curry
- pizza
- tempura
- frittata
- salad
- veggie platter

