



BROCCOLI

Developed by Healthy Start for Mom & Me and supported by the Manitoba Government, 2020.

**WHAT ARE
THE MOST
COMMON
TYPES OF
BROCCOLI
SOLD?**



Question

What are the most common types of broccoli sold?

Answer

Broccoli can be bought in two ways:

1. Whole broccoli



Has **nutritious stalks**,
can be **sold in bunches**

2. Broccoli crowns



No stalks, often more
expensive



**WHAT
DOES
FRESH
BROCCOLI
LOOK
LIKE?**

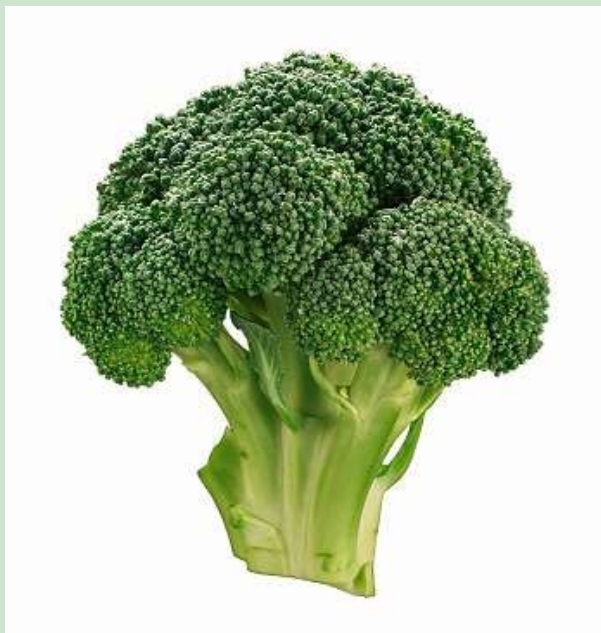
Question

What does fresh broccoli look like?

Answer

Dark **green**
head and
leaves

Bright
green, crisp
stalk



Tightly closed,
uniformly
green florets*

* **Yellow** florets mean
that the broccoli is old



**HOW
SHOULD
BROCCOLI
BE
STORED?**

Question

How should broccoli be stored?

Answer

Store broccoli in an open bag in the refrigerator (broccoli needs air circulation or it will become moldy!)



Do not eat broccoli that has turned yellow – this is a sign of mold and age

Preparing broccoli

1

Wash the broccoli well



Preparing broccoli

2

**Peel the broccoli stem
with a knife**



or

**cut off the stem to
peel it.**



Preparing broccoli

3 Cut broccoli into florets and pieces





HOW SHOULD BROCCOLI BE COOKED?

Question

How should broccoli be cooked?

Answer

- Sauté
- Steam
- Boil
- Microwave



Cook broccoli for 3-5 minutes, being careful not to overcook!

* Boiling or microwaving broccoli can cause important nutrients to be lost, such as Vitamin C.



**HOW CAN
BROCCOLI
BE
EATEN?**

Question

How can broccoli be eaten?

Answer

Broccoli can be eaten **raw**, or...

- **Stir-fried**
- **Baked in a quiche**
- **Steamed**
- **Cooked in an omelette**
- **Roasted**
- **Used in a salad or slaw**
- **Sautéed**
- **Made into a soup**

Prepare broccoli however you like it!



CAN BROCCOLI BE FROZEN?

Question

Can broccoli be frozen?

Answer

1. **Wash** broccoli;
2. **Cut** into smaller pieces;
3. **Blanch** broccoli (boil for 2-5 minutes, then rinse under cold water);
4. **Store** broccoli in airtight freezer bags.



Broccoli can also be purchased frozen



**CAN BABIES EAT
BROCCOLI?**

Question

Can babies eat broccoli

Answer

Broccoli is great for babies!

For 7 month old babies: cook broccoli until soft, and mash it up.



For 9 month old babies: cook broccoli until soft, and dice into pieces.





HOW SHOULD LEFTOVER BROCCOLI BE STORED?

Question

How should leftover broccoli be stored?

Answer



Place leftover broccoli into a **covered** container and store in the **fridge** for **3-5 days**.