



CWD Healthy Update

CWD Nutrition
Services Department

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Broccoli

Broccoli adds color and flavor to a meal. It also packs a nutritional punch as it is a good source of folate as well as Vitamin C.

High quality broccoli is available year-around in the United States. California is the major growing region, with Texas and Arizona providing some product during the winter months.

Broccoli is a versatile vegetable. It can be eaten raw, or cooked and eaten as a hot vegetable. You will find broccoli as an ingredient in appetizers,

main dishes, and salads.

Fresh broccoli should be



stored at 32°F; 95-100% RH. Typical shelf life is 10-14 days for bunches and 14-16 days for packaged fresh broccoli. Broccoli is ethylene sensitive and should not be stored with commodities that produce

ethylene.

To prepare fresh broccoli for cooking, wash and trim the main stem. The stalk is edible, so the whole stem does not need to be removed. Cook as briefly as possible in a small amount of water to preserve the crisp texture of the broccoli and conserve nutrients.

Broccoli Equivalents

1 pound fresh broccoli = 4.5 portions or two medium spears.

Source: *The Packer*

Weekly Produce Update

Oranges—demand continues to exceed supply on smaller sizes.

Avocados—demand exceeds supply.

Blueberries—hot temperatures are impacting supply and quality.

Strawberries—supply remains steady, however there are some quality concerns due to weather.

Broccoli—supplies are plentiful.

Cauliflower—supplies are abundant.

Grapes—quality is very nice.

Lettuce—iceberg market is steady and quality good. Leaf market has good supplies with light demand.

ProAct

Broccoli Trivia

- ◇ Broccoli originated in Italy
- ◇ Broccoli is a member of the cabbage family
- ◇ Broccoli was brought to the US by Italian immigrants
- ◇ The word broccoli comes from the Latin word brachium and the Italian word braccio, which means “arm”.
- ◇ Broccoli may be many colors—dark green, purplish-green, and even sage.
- ◇ Americans eat on average 6.6# of fresh broccoli a year (2015 data).

Celebrate August!

- * Back to School
- * National Peach Month
- * National Catfish Month

