

# Broccoli

## Brócoli



## Selection

Choose bunches of broccoli with tight florets that are dark green, purplish, or bluish green. Stalks should be very firm. Florets are richer in beta-carotene than the stalks.

Fresh broccoli contains more nutrients than frozen broccoli.

## Uses

Broccoli is very good steamed or eat it raw with your favorite dip. Add broccoli to salads, soups, stews, casseroles, and stir-fries.

Broccoli is a member of the cabbage family, which may help prevent certain types of cancer. Broccoli has as much calcium per ounce as milk.

Try It!



### BROCCOLI ALFREDO

#### Ingredients

- 4 cups broccoli, cooked
- 4 cups cooked whole wheat pasta
- 2 cups milk
- 1 cup parmesan cheese
- 1 teaspoon basil
- 1/2 teaspoon garlic powder
- 2 tablespoons cornstarch
- Pepper to taste

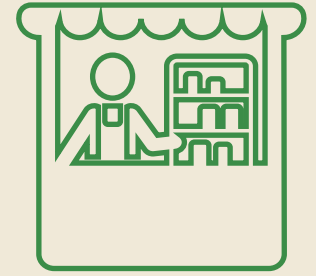
#### Instructions

1. Heat milk over medium heat and then add basil and garlic powder. When hot, add Parmesan cheese.
2. Mix cornstarch with 2 or 3 tablespoons of milk and add to hot mixture. Heat until thickened.
3. Pour mixture over pasta and broccoli.

# History & Fun Facts

Broccoli has been around for more than 2,000 years and was first grown in Italy. The name broccoli comes from the Latin word brachium, which means “branch” or “arm”. Americans have grown broccoli for over 200 years.

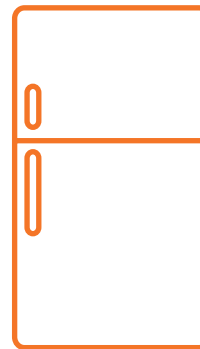
There are many varieties of broccoli. In the U.S. the most common type of broccoli is the Italian Green Sprouting variety.



## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.



## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Store fruits and vegetables in different drawers in the refrigerator.
- If fruits and vegetables are stored on the shelves, make sure the meat that is in there is stored below the produce.
- Rinse produce even when the peel is removed.

### NUTRITION FACTS

- Fat free
- Cholesterol Free
- Sodium Free
- Good source of Vitamin A
- Good source of folate, iron, calcium, and fiber



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



## FOR MORE INFORMATION...

**Amanda Miller** | Extension Fond du Lac County  
FoodWise Coordinator and Health & Wellbeing Educator  
P: 920-929-3174 | E: amanda.m.miller@wisc.edu

**Amber Bodart** | Downtown Fond du Lac Partnership, Inc.  
Director of Communication and Special Events  
P: 920-322-2006 | E: market@downtownfdl.com

Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program; <https://whatscooking.fns.usda.gov/>

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program—EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.