

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

Local Season-
November
thru May



BROCCOLI & BROCCOLI RABE

Broccoli comes from the Latin word *brachium*, which means “branch” or “arm”. Broccoli and Broccoli Rabe are members of the cabbage family and are close relatives of cauliflower. Broccoli Rabe has long thin stalks ending with small delicate florets. Broccoli is the more common of the two with shorter and thicker stalks and large dense florets.

Nutrition Benefits

Broccoli is one of the most nutritious vegetables you can eat.

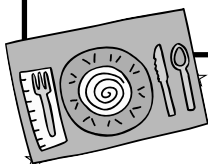
It has a rich supply of:

- ◆ Vitamins
- ◆ Minerals
- ◆ A good amount of beta carotene
- ◆ Vitamin C

Serving Tip

Many times broccoli is presented in a cheese or a cream sauce that is high in fat, calories, and cholesterol. Instead, try serving with:

- ◆ Squeezing lemon juice over the vegetable
- ◆ Slivered almonds
- ◆ Sesame seeds
- ◆ Toasted bread crumbs
- ◆ Parmesan cheese



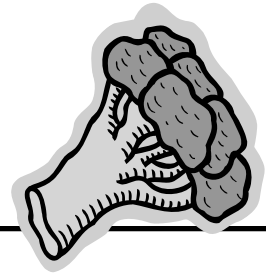
Family Meal Ideas

- ★ ● Keep mealtime simple and easy.
- ★ ● Dinner during the week should be nutritious, but quick. Save the complicated meals for when you have more time.
- ★ ● It's a good idea to share mealtime tasks. Let one person shop, another cook, and don't forget the clean-up committee.
- ★ ● Stock the pantry and the freezer with some healthy quick to fix staples.
- ★ ● Try making a list of quick family favorites to keep on hand for those extra busy times.

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Locally Grown Varieties

Raab, Pinnacle, Super Dome, Green Valiant, Emerald City, Everest, and Medium-late.

Shopping Tips

- ✓ Choose broccoli with firm, compact clusters of small flower buds (florets).
- ✓ Broccoli should also have tender, moist stalks with bright unwilted leaves.
- ✓ Buds should be dark green, sage green, or even purple.



Handling and Storage

- ◆ Store broccoli in an open plastic bag in the refrigerator vegetable drawer.
- ◆ Do not wash broccoli before storing. Any water on its surface will encourage the growth of mold.
- ◆ Fresh broccoli is best if used within a day or two after purchased. It will keep for up to four days in the refrigerator.
- ◆ Once cooked, any leftovers may be refrigerated for two to three days in a tightly covered container.

Preparation

Fresh, young broccoli can be served raw as an appetizer or in salads. Be sure to rinse it well under cold water to remove the dirt. The leaves can be eaten and contain more beta carotene than the florets. Broccoli Rabe is best when cooked. It is very bitter when eaten raw.

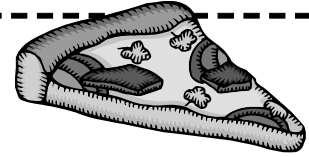
- ◆ **Boiling:** Bring water to a boil and add broccoli. Cooking time: 5 to 8 minutes.
- ◆ **Microwaving:** Place broccoli in a microwavable dish. Add 1/4 cup water and cover with plastic wrap. Halfway through the cooking time, rotate the plate. Cooking time: 6 to 10 minutes.
- ◆ **Steaming:** Steaming preserves the most nutrients and keeps the florets from breaking apart. During the steaming process, uncover the pot every other minute for about 10 seconds. This will help prevent the strong-taste that forms in cooking.
- ◆ **Stir-frying:** Stir-fry for 2 minutes then add a little water. Cover the pan and let steam until crisp-tender. Cooking time: 4 to 5 minutes

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PLANTED PIZZA

(8 SERVINGS)



INGREDIENTS:

- | | |
|------------------------|--|
| 3/4 cup pizza sauce | 1 cup shredded carrots |
| 1 large pizza shell | 1/2 cup sliced red bell pepper |
| 1 cup chopped broccoli | 3/4 cup shredded low-fat mozzarella cheese |

DIRECTIONS:

1. Preheat oven to 450 degrees.
2. Spoon pizza sauce on pizza shell.
3. Place pizza shell on cookie sheet.
4. Arrange veggies on sauce.
5. Sprinkle cheese over veggies.
6. Bake 10 minutes. Cut pizza into 8 wedges. Serve



GARLIC BROCCOLI RABE

(4 SERVINGS)

INGREDIENTS:

- 1 pound broccoli rabe, trimmed
- 2 tablespoons oil
- 1 clove garlic, minced
- 1 tablespoon Parmesan cheese, grated

DIRECTIONS:

1. Bring a large pot of salted water to a boil. Cut an X in the bottom of the stems of the broccoli rabe and place in the boiling water.
2. Cook until tender but still firm, about 5 minutes. Drain.
3. In a large heavy skillet over medium heat, heat olive oil and sauté garlic for 1 to 2 minutes.
4. Stir in the broccoli rabe and sauté 10 to 15 minutes, or until desired doneness.
5. Dust with parmesan cheese, if desired.

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Coloring Activity Page for Kids



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