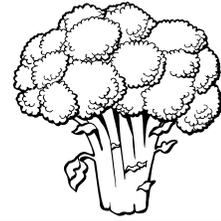




Broccoli

**NUTRITION:**

Broccoli is an excellent source of Vitamin A. One cup raw contains 2,330 IU (233 RE) of Vitamin A. Broccoli is also a good source of calcium and potassium.

HOW TO SELECT:

Select fresh tender, young stalks. They should have bright green heads, leaves and stems with compact dark green buds. Yellow flowers visible inside the buds indicate tough, old broccoli.

FREEZING:

This is the preferred method of preservation for broccoli. Wash, peel and trim leaves and woody ends. If it is necessary to remove insects, soak 30 minutes in salt brine (4 tsp salt to 1 gallon of water). Rinse and drain. Cut through stalks lengthwise, leaving heads 1 inch in diameter. Blanching broccoli stops enzymes that otherwise cause undesirable changes in flavor, texture, color and nutritive value during storage. To blanch in boiling water, allow 1 gallon of water for each pound of broccoli. Bring water to a boil, put broccoli pieces into the boiling water, cover kettle, and when the water returns to boiling, blanch for 3 minutes. To blanch in steam, put 1 inch of water in a kettle and bring to a rolling boil. Put broccoli in steamer basket and blanch for 5 minutes. Cool immediately in cold running water (or in ice water) for the same length of time used for blanching. Freeze in moisture-vapor-resistant containers at 0 degrees F or below.

CANNING:

Canning is not recommended and there are no processing times available from the USDA.

DEHYDRATING:

The quality when dried is poor to fair. Wash broccoli and trim tough stalks. Split large stalks in half lengthwise or into quarters. Water blanch 2 to 3 minutes or steam blanch 3 to 5 minutes. Dry at 140 degrees F until brittle. To reconstitute cover with boiling water or add dry to soups and stews.

For more information call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

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