



Broccoli

- **Selecting**
 - Select firm, full, tender young stalks. Heads should be odorless with tight, bluish-green florets.
- **Storing**
 - Refrigerate and use within three to five days or freeze.
- **Freezing** is the best method for preserving broccoli. It can also be dried. Generally broccoli does not can well. This is because of the sensitivity of the florets. When soaked, the florets tend to come apart and float in the solution.

Health Benefits

Nutrition Facts			
Serving Size 1 medium stalk (148g)			
Amount Per Serving			
Calories 45	Calories from Fat 0		
% Daily Value*			
Total Fat 0.5g	1%		
Saturated Fat 0g	0%		
Trans Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 80mg	3%		
Total Carbohydrate 8g	3%		
Dietary Fiber 3g	12%		
Sugars 2g			
Protein 4g			
Vitamin A 6%	Vitamin C 220%		
Calcium 6%	Iron 6%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Broccoli is low fat; saturated fat free; low sodium; cholesterol free; high in vitamin C; high in folate; good source of dietary fiber; good source of potassium.

Cruciferous vegetables, including broccoli, are high in nutrients important for health. They also contain a variety of phytochemicals that potentially have important health benefits. Results of study at the Linus Pauling Institute at Oregon State University released in 2011 showed one of the primary phytochemicals, sulforaphane, in broccoli and other cruciferous vegetables can selectively target and kill cancer cells while leaving normal, healthy cells unaffected.

Things you should know about freezing:

Packaging should:

- Be moisture vapor resistant
- Be durable and leak proof
- Not become brittle and crack at low temperatures
- Resist oil, grease and water
- Protect food from absorption of other odors and flavors
- Be easy to mark and seal

Rigid Containers:

These include hard plastic and glass. They are usually good for liquid packs. Rigid containers are often reusable and are easy to store in the freezer. Choose glass jars made for canning or freezing. If the glass jar has a narrow mouth, be sure to leave a little extra headspace for the expansion of foods when frozen. Lids should fit tightly. If they do not, seal with freezer tape.

Flexible Bags or Wrappings:

These types include flexible freezer bags, freezer paper, and heavy-weight aluminum foil. These are typically used for food with little or no liquids. Bags are available in a variety of sizes and come with different seals such as zippers or ties. Regardless of the type, when sealing press to remove as much excess air as possible.

How to Freeze Broccoli

Preparation—Select firm, young, tender stalks with compact heads. Remove leaves and woody portions. Separate heads into convenient-size sections and immerse in brine (4 teaspoons salt to 1 gallon water) for 30 minutes to remove insects. Split lengthwise so flowerets are no more than 1 1/2 inches across.

Blanch—Water blanch 3 minutes in boiling water or steam blanch 5 minutes.

Cool promptly, drain and package, leaving no headspace. Seal and freeze.



Water Blanching

Blanching is a technique used to preserve the color, and texture of a vegetable before it is frozen. It also helps to kill the insects and bacteria on the surface of the vegetable and slows the loss of vitamins. Timing is very important. Under-blanching increases enzyme activity and overblanching causes loss of flavor, color, vitamins and minerals.

How to Blanch:

1. You will need a pot with a blanching basket and a lid or you can fit a wire basket or colander into a large pot with a lid. Fill the pot with water (1 gallon per pound of vegetable).
2. Bring the water to a boil.
3. Put the vegetable into the basket and lower it into the boiling water. Put the lid on the pot. Return the water to a vigorous boil and begin timing. Blanch as directed in the directions for the vegetable you are freezing.
4. Remove vegetables when ready, and immediately submerge in ice water to stop the cooking process.

Drying Broccoli

Drying is not the best method for preserving broccoli.

Select broccoli at peak flavor and eating quality. Twelve pounds of fresh broccoli will yield 1-3/8 pounds dried or 3 to 5 pints. Before drying, blanch broccoli in boiling water to kill bacteria and enhance quality and safety of the end product. Drying methods include:

- **Dehydrator Drying:** thermostatically electric dehydrators are recommended. These work by blowing warm air over the food until they are dried out. These should be used in a well-ventilated room.
- **Oven Drying:** Either gas or electric ovens can be used, if the oven can be set at 140°F. If not, the food will cook instead of dry. Preheat oven to 140°F. Maintain that temperature throughout the duration of the drying process, using an oven thermometer placed near the food to do so. For air circulation, leave the oven door propped open two to six inches. A fan outside the oven near the door will improve circulation. When drying is nearly complete, turn off heat and open the door wide for an additional hour or so to allow excess moisture to escape. Drying times in a conventional oven could be up to twice as long as those in a dehydrator.

To Dry Broccoli: Wash. Trim, cut as for serving. Quarter stalks lengthwise. Water blanch 3-1/2 minutes. Immediately dip briefly in ice water until they feel only slightly hot. Pour blanched broccoli directly onto drying racks held over a sink. Wipe excess water from underneath the tray and arrange broccoli in a single layer. Place directly into dehydrator or oven. Dry 12 to 15 hours in a dehydrator. Watch closely for dryness after 11 hours. Dryness Test—broccoli should be crisp to brittle when completely dried.

Notes



Tasty Broccoli Recipe

Pecan-Crusted Broccoli

Preparation time: 20 minutes, Serves: 6

- 1/4 cup pecans
- 1/2 teaspoon marjoram
- 1 tablespoon olive oil
- 1 pound frozen broccoli, chopped and cooked
- 1 tablespoon dry bread crumbs

Sauté pecans in olive oil in small skillet for 2-3 minutes. Add bread crumbs and marjoram, stirring frequently. Remove from heat when toasted. Toss cooked broccoli with topping mixture. Serve.

Nutritional Information per Serving: 70 calories; 6g total fat; 0.5g saturated fat; 0mg cholesterol; 5g carbohydrates; 3g dietary fiber; 3g protein; 40mg sodium

For more information about food preservation contact your local County Cooperative Extension office. To locate contact information for your county visit <http://www.oces.okstate.edu/> and select County Office Directory on the left side. You can also visit the National Center for Home Food Preservation at www.uga.edu/nchfp/

Adapted for Oklahoma by Barbara Brown, Food Specialist for the Oklahoma Cooperative Extension Service and Claire Grady, graduate research assistant.

Source: National Center for Home Preservation, www.uga.edu/nchfp/

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