



Broccoli



Nutrition

- Excellent Source of Vitamin C for immune system support
- Great source of Vitamin K and Calcium for strong bones
- High in fiber for heart and gut health



General Information

- Broccoli is available year-round in most supermarkets but is at its peak during the cooler seasons (fall and early spring)
- Broccoli is typically ready to harvest when the florets are still tight and dark green
- Overly mature broccoli can become bitter
Harvest by cutting the central stem just below the florets
- Store broccoli in the refrigerator, preferably in a plastic bag or wrapped in a damp cloth, to keep it fresh for up to a week

Cooking Ideas:

Oven Roasted Paprika Broccoli:

- Preheat oven to 400°F. Cut one head of broccoli into bite-sized florets. Drizzle and toss with 1 tablespoon olive oil, 1 teaspoon paprika, 1/4 teaspoon salt and pepper. Transfer in an even layer to a foil-lined baking sheet. Cook until browned and crispy, about 15-20 minutes, flipping halfway through.

Sprout Growing Tips + Considerations

- Recommended varieties: Arcadia, Gypsy, Premium crop, Packman, and Greenbelt
- Grow 18-24 inches apart
- Start seeds in a tray to transplant into your beds
- Be sure to water it well in the first week while the roots are establishing




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