



# Broccoli

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

Some major growing areas include: Mexico, USA

### Receiving Information:

- Discolored leaves; buds dropping off; softening of texture: Holding broccoli for long periods of time may cause discoloration, loss of buds or general softening of product - display broccoli soon after receiving.
- Yellow bud clustering; loss of buds: Indication of ethylene exposure - keep broccoli away from ethylene-producing produce and ripening rooms. Maintain a proper storage temperature.
- Wilted product: Dunking in cold water can revive slightly wilted broccoli.

### Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: No
- Refrigeration: Broccoli can become rubbery if stored in an area of the refrigerator that is too dry.
- Cooking: Overcooking broccoli will make it soft and mushy. Broccoli should be hot, but slightly crisp when cooked properly. Steam or microwave broccoli with a minimal amount of water.
- Storage: Store broccoli in an open plastic bag in the crisper of the refrigerator where it will keep for a week.

- Phytochemical: Beta-carotene, Lutein, Quercetins, Sulphoraphane, and Indoles.
- Scientific Name: Brassica oleracea.
- Usage: Broccoli can be eaten raw or cooked. Good as a side dish, served with cheese sauce or in salads or casseroles.
- Health: Broccoli is a good source of calcium and Vitamin C. The calcium can help control high blood pressure and may be linked to the prevention of colon cancer.
- Taste: clean, slightly bitter, sweeter when cooked.

## Nutrition Facts

### Serving Size: 1 cup chopped

Amount Per Serving

Calories 30	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 1mg	0%
Total Carbohydrates 6g	4%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	5%
Potassium 278mg	6%
Vitamin A 4%	Vitamin C 105%
Calcium 4%	Iron 4%

\*Percent Daily Values are based on a 2,000-calorie diet.