

Cream of Broccoli Soup

- 1 bunch of broccoli, cooked and chopped (or 1 package [10 oz.] frozen chopped broccoli, thawed and drained)*
- 1/2 small onion
- dash garlic powder
- 2 Tablespoons flour
- 1 1/2 cups chicken broth - homemade or canned (low sodium)
- 2 cups skim (fat-free) milk



Place broccoli, onion, garlic powder, flour and chicken broth in blender container: process until almost smooth.

Pour into saucepan and add milk. Stir often until soup comes to a boil. Reduce heat to low and simmer 5-10 minutes to cook onion.

For homemade chicken broth:

Simmer chicken bones with celery, onion, carrots (if desired) and water for at least one hour, covered. Refrigerate overnight. Skim off any hardened fat. Remove bones. Strain if desired. Freeze if you do not plan to use within a day.

*Substitute your favorite fresh, frozen, or canned vegetable.

Yield: 5 servings; serving size 1 cup (80 calories, 0.5 grams fat, 0 mg cholesterol, 2 grams fiber, 75 mg sodium)

Broccoli with Hats

- 4 cloves garlic, chopped
- 1 Tablespoon olive oil
- 2 cups low-sodium chicken broth
- 3 1/2 cups fresh broccoli florets, chopped
- 1/2 cup Parmesan cheese
- 2 Tablespoons corn starch
- 2 Tablespoons water
- 1 pound orecchiette (hats), cooked and drained (or any small pasta)

Sauté garlic in olive oil; add broccoli, cook until tender-crisp (al dente). Add chicken broth. Mix corn starch with water until corn starch is dissolved. Stir into broccoli until thickened and it comes to a boil. Add pasta and Parmesan. Toss to combine.

Yield: 12 servings; serving size 1 cup (180 calories, 3 grams fat, 5 mg cholesterol, 2 grams fiber, 70 mg sodium)



(June 2013)

HerKimer County Farmers' Markets

<http://farmmarket.herkimerhealthnet.com/home.html>



Cornell University
Cooperative Extension
HerKimer County

www.cce.cornell.edu/herkimer



<http://herkimerhealthnet.com>

Creating Healthy Places

www.facebook.com/CreatingHealthyPlacesInHerKimerCounty



PLANT * GROW

- * Broccoli is a cool season annual crop that grows best in the spring and fall when temperatures are in the 60's. Avoid growing in hot sun of mid-summer. Hot weather can cause bolting or flowering.
- * Plant broccoli in an area receiving full sun.
- * Sow seeds indoors 6-8 weeks before the last spring frost.
- * When plants are 4-6 weeks old, transplant to garden. Plant transplants 12 inches apart. Plant farther apart for larger size heads.
- * If planting a fall crop, sow seeds directly into garden in mid-summer or plant transplants outside in late June or early July.
- * Broccoli can tolerate light frost.
- * Broccoli plants have shallow root systems. Avoid even shallow cultivation near roots.
- * Mulch to protect roots, reduce weed competition and conserve moisture.
- * To harvest, cut the central head after fully developed leaving 5-6 inches of stem. The head is fully developed and ready to harvest when it is compact and before it starts to separate and form individual yellow flowers.
- * After harvesting the first large central head, your plant will continue to produce smaller heads that can be harvested over an extended period of time.

Cornell University Home Garden Websites:

General gardening: www.gardening.cornell.edu/homegardening/

Broccoli specific: www.gardening.cornell.edu/homegardening/scene91d8.html

ENJOY YOUR BROCCOLI

- * Broccoli is very nutritious. It is naturally low in fat and cholesterol; low in sodium; high in vitamin C and folate; a good source of dietary fiber and potassium.
- * Broccoli stalks are nutritious too. Peel and cube broccoli stalks; add to your favorite soup or casserole. You can also cut into sticks to eat like celery.

Websites For Healthy Eating:

USDA: www.choosemyplate.gov

Cornell University Eat3 Campaign: www.eat3.org



PURCHASE

- * Broccoli is available June - November at farmers' markets.
- * Choose odorless broccoli heads with tight bluish-green florets.

RECYCLE * COMPOST

- * Disease free broccoli scraps provide a rich nitrogen source, nutrients and moisture to your compost.
- * Vegetable scraps are the "green" additions to your compost.

Composting Resources:

Cornell Waste Management Institute: <http://cwmi.css.cornell.edu/resources.htm>

Composting at Home publication: <http://cwmi.css.cornell.edu/compostingathome.pdf>

PRESERVE

- * Refrigerate broccoli and use within 3-5 days.

Freezing Broccoli:

- * Remove leaves and woody portions.
- * Separate heads and immerse into brine (4 teaspoons salt to 1 gallon water) for 30 minutes to remove any insects.
- * Blanch 3 minutes in boiling water.
- * Cool promptly; drain; package; and freeze leaving no headspace.

Food Preservation Websites:

National Center for Home Food Preservation: www.homefoodpreservation.com

CCE Herkimer County Food Preservation Resources: <http://blogs.cornell.edu/cceherkimer/nutrition-programs/food-preservation-resources/>

PREPARE

- * Stir-Fry. Broccoli is a great addition to any stir-fry. It adds nutrition, flavor and texture.
- * Grate in Slaw. Grate broccoli including peeled stalks and use instead of (or in addition to) cabbage in your favorite coleslaw recipe.
- * Broccoli & Eggs. Add some color and nutrition to your breakfast or brunch. Toss some chopped broccoli into a frittata or quiche, or fold into your omelet.
- * Steam It. Steaming locks in nutrition and color.
- * Perfect Pasta. Blanch broccoli florets and add to your favorite whole wheat pasta. Add favorite sauce as desired.