



Broccoli belongs to the Cruciferae family, which also includes cauliflower, cabbage, bok choy and Brussels sprouts. Broccoli prefers cool weather. It is often boiled, roasted or steamed, but can also be eaten raw. A head of broccoli is made up of tiny flower buds. If you don't pick it early enough, the head turns into a bunch of yellow flowers. Broccoli is filled with a lot of healthy vitamins and minerals which provide strength to the body and help fight diseases.

March: Broccoli and Cauliflower



Harvest of the Month

Cool Facts About Cauliflower

- It's related to kale.
- It's packed with Vitamin C.
- It comes in 4 colors.
- The stems and leaves are edible.
- It's reactive with certain metals.



Cauliflower

Cauliflower is a good source of folic acid, a type of B vitamin that helps new cells form. Cauliflower is in the cabbage family, with a head comprised of flower buds. It is believed that it was cultivated in Egypt as early as the 4th century B.C. and has a parallel history to that of broccoli. The heads of cauliflower can grow from 8 to 30 inches both in height and width. Cauliflower has a compact, typically white head, that is covered in many layers of green leaves. Cauliflower cooks quickly (in just minutes) and can become mushy if overcooked. The leaves on cauliflower are edible, but they are strong in flavor, somewhat similar to collard greens.

Broccoli



Top 10 Ways To Enjoy Broccoli!



- 10) BAKE IT. Anytime you're considering frying...chances are you can bake it instead!
- 9) ABOUT THE STALKS. Yes, they're nutritious too! Cube broccoli stalks and add to your favorite soup or casserole for a boost of nutrition.
- 8) PERFECT IN PASTA. Blanche broccoli florets and add to your favorite whole wheat pasta salad before chilling, or toss with a little olive oil and add to hot pasta for a delicious and filling dish.
- 7) STIR-FRY. Broccoli is a great addition to any stir-fry; it adds nutrition, flavor and texture.
- 6) STEAM IT. Steaming locks in nutrition and color so your plate looks as good as it is good for you.
- 5) SURPRISE THE KIDS. The easiest way to get your kids to eat broccoli is to add it to a dish they already like. Just mix it, blend it, toss it and cover it up! If your kids already like broccoli... add a little more!
- 4) GRATE IN SLAW! Literally... grate it... just like you would cabbage. Grate broccoli stalks and use them instead (Or in addition to) cabbage in your favorite Cole slaw recipe.
- 3) RIGHT OUT OF THE BAG. Raw broccoli is great for snacking, dipping or munching when you're bored. It also adds a little crunch to green or fruit salads. So toss some on!
- 2) SOUPS. Make your soup mean something! Adding lots of broccoli and other vegetables to almost any soup adds nutrition, flavor and texture, resulting in a very satisfying dish.
- 1) BROCCOLI & EGGS. Add some color and nutrition to your breakfast or brunch! Toss some broccoli into a frittata or quiche, or fold a handful into your omelette.

Roasted Broccoli

Ingredients:

1 lb broccoli (about 1 small bunch), cut into florets, stems peeled & sliced or diced
2 Tbsp olive oil
3 cloves garlic, sliced
½ tsp salt
¼ tsp ground black pepper



Instructions:

Preheat oven to 450° F.
Toss the broccoli florets with olive oil, garlic, salt, and pepper on a baking sheet.
Spread out over baking sheet and roast for about 20 minutes or until edges are crispy and stems are crisp tender. Serve warm.

Creamy Broccoli Cauliflower

Ingredients:

2 tablespoons extra-virgin olive oil
1 large yellow onion, chopped
3-4 cloves garlic, chopped
1 head of cauliflower, cut into florets
4 cups low-sodium vegetable broth
2 teaspoons ground cumin
1 teaspoon red chili flake
½ teaspoon sea salt
½ cup organic coconut milk
1 handful fresh baby spinach
2 cups blanched broccoli, cut into small florets
2 tablespoons nutritional yeast or to taste
Fresh ground black pepper to taste



Instructions:

Heat olive oil in a soup pot or a Dutch oven over medium heat. Add chopped onions and sauté until starting to turn translucent. Add garlic and sauté for an additional minute. Add vegetable broth, cauliflower, cumin, cayenne pepper and sea salt. Bring to a boil over medium-high heat. Reduce heat, cover, and let simmer for 10 minutes or until cauliflower is tender. Remove from heat and let slightly cool. Place 2 cups slightly cooled cauliflower in a blender. Add ½ cup coconut milk and fresh baby spinach and place top on blender slightly slanted to release steam. Blend until smooth. Repeat until all cauliflower mixture is blended. Season to taste with additional sea salt and pepper. Return to blended cauliflower mixture to soup pot, adding in blanched broccoli florets, nutritional yeast and stir. Heat to serve.

Broccoli and Cauliflower Bites

Ingredients:

1 ½ cup broccoli florets
1 ½ cup cauliflower florets
2 eggs beaten
¾ cup panko breadcrumbs
¾ cup shredded cheddar cheese
½ tsp salt
½ tsp garlic powder
½ tsp smoked paprika



Instructions:

Preheat the oven to 350 degrees F and spray a mini muffin pan with cooking spray. Steam broccoli and cauliflower florets on the stove or in the microwave, then pulse in a food processor until finely chopped. Transfer chopped broccoli and cauliflower to a medium bowl and add beaten eggs, breadcrumbs, cheese, paprika, salt and garlic powder. Mix well. Drop mixture by the tablespoonful into the mini muffin pan and press down tops gently with the back of a spoon. Bake for about 15 minutes or until lightly browned, then remove them to a cooling rack. Serve warm .

Cauliflower Mac and Cheese

Ingredients:

1 large head cauliflower
approx. 6-7 cups
2 tablespoons olive oil
salt & pepper to taste
1/2 cup heavy cream
1/2 cup chicken broth
1/4 teaspoon onion powder
4 ounces cream cheese cut into small pieces
1 1/4 cup sharp Cheddar
1/4 cup parmesan cheese freshly grated
1/2 cup gruyere cheese or additional cheddar



Instructions:

Preheat oven to 400 °F. Grease a 2 quart baking dish. Rinse cauliflower and cut into bite sized pieces. Toss with oil and salt & pepper to taste. Place on a baking sheet and roast 12-15 minutes or just until tender-crisp.

While cauliflower is cooking, bring cream, chicken broth, mustard and onion powder to a simmer in a large skillet. Let simmer 3-4 minutes or until slightly thickened.

Whisk in cream cheese until smooth. Combine cheddar, parmesan, and gruyere cheese in a small bowl. Set 1/2 cup of the cheese mixture aside for topping.

Remove from heat and stir in the remaining 2 1/2 cups of cheese. Whisk until smooth. Taste and season with salt and pepper.

