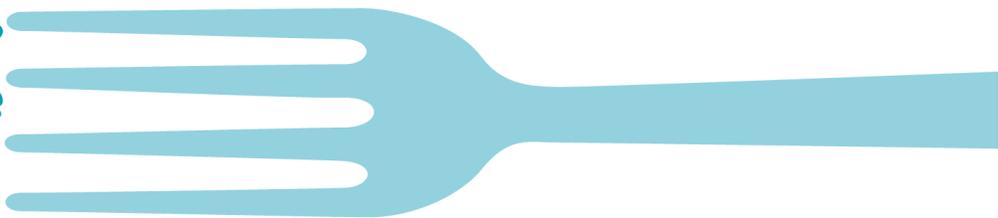


Harvest of the Month



June



Broccoli



Pick:

- Choose broccoli with tightly bound buds and firm tender stalks.
- Avoid yellowing leaves or flowering buds.

Store:

- Store unwashed in a plastic bag in the refrigerator and use within a few days.

Prepare:

- Rinse thoroughly in cold water before using.
- The stalk is edible too! If it's tough, simply peel before cooking.
- Broccoli can be steamed, roasted, sautéed, stir fried or grilled.

Nutrition Info

One cup of raw broccoli has 30 calories.

Broccoli provides vitamin C, folate, fiber and potassium.

Fun Facts

Broccoli comes in a variety of colors, ranging from deep sage all the way to dark green and purplish-green.

“Broccoli” comes from the Latin word meaning “branch” or “arm”!

This month Piggy's Restaurant in downtown La Crosse is featuring fresh steamed vegetables, including broccoli, as a side dish! Stop by to try it!

Uses

Broccoli is a great addition to any stir-fry; it adds nutrition, flavor and texture.

Grate it just like you would cabbage! Grate broccoli stalks and use them instead of [or in addition to] cabbage in your favorite coleslaw or salad recipe.

Add some color and nutrition to your breakfast or brunch! Toss some broccoli into a scrambled eggs or an omelet.

Family Friendly Activity

Encouraging your children to help in the kitchen is a good way to get them to try new foods. Children are much less likely to reject foods that they helped make.

Here are a few simple kitchen activities:

Setting the table for dinner or the timer for the recipe.

Finding all the ingredients, bowls, and kitchen utensils needed for each recipe.

Measuring the ingredients for the recipe.

Stirring, folding, mixing, or combining the ingredients.

Adding a garnish to the finished recipe!

Nutrition Facts

Serving Size 1 cup (251g)
Servings Per Container 6

Amount Per Serving

Calories 250 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 450mg **19%**

Total Carbohydrate 32g **11%**

Dietary Fiber 4g **16%**

Sugars 9g

Protein 11g

Vitamin A 60% • Vitamin C 50%

Calcium 20% • Iron 8%

*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

Brown Rice and Veggie Bake

Serves 6 (about 1 cup per serving)

Ingredients:

- 1 small onion, chopped
- 2 celery stalks, chopped
- 1 medium carrot, chopped
- 2 cups broccoli florets, chopped
- 2 tsp. olive oil
- 1 ½ cups pasta sauce
- 1 cup part skim ricotta cheese
- 2 cups cooked brown rice
- ½ cup shredded mozzarella cheese

Directions:

Preheat oven to 375 degrees. Spray an 8x8 inch baking dish with cooking spray. Sauté vegetables in olive oil until fork tender. In a large bowl mix together vegetables, pasta sauce, ricotta cheese and rice. Pour vegetable mixture into baking dish and top with mozzarella cheese. Bake for 45 minutes, or until cheese is brown. Allow to rest for 15 minute prior to serving.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org

Color
Broccoli!

