



Broccoli

Sweet potatoes are a starchy veggie with lots of uses.



Nutrition

- Nutritionally, 1 cup of broccoli florets contains around 20 calories, 4g carbohydrates, 2g fiber, and is a source of vitamins and minerals including vitamin C, folate, calcium, and potassium.
- Like many non-starchy veggies, broccoli does not have a significant amount of fat, protein, or sodium.



Price

- Fresh broccoli average \$1.92 per pound and frozen averages \$1.82 per pound.

Source: U.S. Department of Agriculture, Fruit and Vegetable Prices



Shopping

- **Fresh:** When buying fresh broccoli, look for firmness and deep green color. Soft and yellowing broccoli can mean the broccoli is old.
- **Packaged:** Your produce section may have broccoli slaw and pre-cut broccoli. Examine the "use-by" or "sell-by" date on the package to check if the product might need to be used soon.
- **Frozen:** When buying frozen broccoli, check that you are buying the product you want. Frozen broccoli is available plain or with sauces and a mix of florets and stems or florets only.



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Storage

- Store fresh broccoli unwashed in the refrigerator for around a week.



Eat

- Broccoli can be served cooked and raw and adds a pop of green color in recipes! Visit extension.illinois.edu for a variety of recipes.



Preparation

- Wash fresh broccoli before eating or cooking. Cut into desired size pieces for your recipe. To help reduce food waste, remember that broccoli stems are edible. Try them in slaw, soups, and stir-fries.
- **Preserve at Home**
 - Visit the "National Center for Home Food Preservation" at nchfp.uga.edu for instructions on freezing broccoli at home.



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