



## December

### Did you know...?

- ✓ Broccoli and cauliflower are both members of the *brassica* family. Cauliflower actually evolved from sprouting broccoli.
- ✓ The name broccoli comes from “brachium” which means branch, describing the structure of the plant.
- ✓ In addition to the traditional green and white, you can find purple broccoli and cauliflower, as well as broccoflower, which is a cross between broccoli and cauliflower.
- ✓ Broccoli is one of the most popular garden vegetables, because it is so easy to grow, while cauliflower is more difficult and requires specific weather and soil conditions to produce a nice, white heard.



## Broccoli & Cauliflower

### How to Select

When buying broccoli and cauliflower look for firm, compact heads. With broccoli, avoid yellow coloring, open flowers, and limp stems. With cauliflower avoid heads that are soft, or have brown spots on the curds.

### How to Store

Don't wash broccoli before storing in the refrigerator because water left on the florets will promote the development of bacteria and the breakdown of the florets. Broccoli and cauliflower are best when eaten within a few days to a week after harvest. For long-term storage, chop into bite size pieces and blanch for 3–4 minutes, then immediately immerse in cold water, and store in airtight containers in the freezer.

### How to Eat

Eat broccoli and cauliflower, steamed, sautéed, stir-fried, or raw with a dip or in a salad, including pasta salad. Cauliflower can be roasted with olive oil garlic or added to a potato leek soup. Try broccoli in a quiche, casserole, or on top of a pizza.

### Nutritional Benefits

The American Cancer Society has named broccoli an “anti-cancerous” food because it is so dense in nutrients. Broccoli is high in Vitamin A, calcium, folate, iron, and Vitamin C. Cauliflower is an excellent source of Vitamins B, C and E, as well as folate. Cauliflower also contains special antioxidants that can detoxify cancer-causing agents in the body when eaten.



## IN THE GARDEN

*It's never too early to start planning your garden.*

**Broccoli grows best in cool climates, which means it's the perfect vegetable for gardens in the Chequamegon Bay!**



Start seeds indoors in April and transplant outdoors in May or early June when night-time temperatures are consistently above 40F. Plant seedlings 1 to 2 feet apart in rows 2 to 3 feet apart and water well. Weed and water at least weekly and in a couple months the plants will begin to form heads.

Harvest the main broccoli heads when they reach 4"-6" in diameter and before the florets begin to open. After this first harvest, the broccoli plant will continue to sprout side shoots, which can be harvested weekly as florets throughout the rest of the summer and fall. If the florets begin to open into yellow flowers, just cut and toss these flowers to stimulate new shoots.

## Play with your food

Draw a funny face on all of vegetables that are part of the *brassica* family.



Answer: Kohlrabi, Cauliflower, Green and Red Cabbage, Brussels Sprouts, Kale, Broccoli, and Turnips are all in the *brassica* family.

## Cooking Corner



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### Garlic Beef, Broccoli & Cauliflower Stir Fry

#### Ingredients

- 7 garlic cloves, minced
- 1 tsp sesame oil
- 3 ½ Tbsp oyster sauce
- 1 lb beef sirloin filet
- salt and pepper
- 4 green onions, chopped
- 1 Tbsp vegetable oil
- 2-3 cups chopped broccoli
- 2 cups chopped cauliflower
- rice

1 **Marinate** beef in sesame oil, half of the garlic, 1 ½ Tbsp of oyster sauce, and salt and pepper. Start rice cooking in a rice cooker or separate pot. Steam broccoli and cauliflower until just tender and set aside.

2 **Heat** ½ Tbsp oil in a large skillet or wok over medium high. Add marinated beef and cook for 5–8 minutes, until browned.

3 **Add** the rest of the garlic, white part of the green onions, and ½ Tbsp of oil. Cook for a minute, then add the drained broccoli and cauliflower, ½ tsp sesame oil, and 2 Tbsp oyster sauce and mix together until heated through. Season with salt and pepper, serve over rice and garnish with green onions.