

# Broccoli

## Storage

Mist/dampen the unwashed heads and wrap loosely in damp paper towels, then refrigerate for up to 5 days.



## Preparation

All parts of the broccoli can be eaten, wash in cold water, chop, then prepare as you would like. Broccoli is best steamed or blanched, as overcooking leads to a loss of flavor and nutrition.

## Nutrition

Broccoli has an incredible amount of compounds that help prevent cancer and many studies demonstrate its anti-inflammatory, detoxification, and antioxidant benefits. Broccoli is also beneficial for cardiovascular, digestive, eye, and skin health. Cooked broccoli has more available nutrients than raw broccoli. Steaming it maximizes its nutritional benefits.