



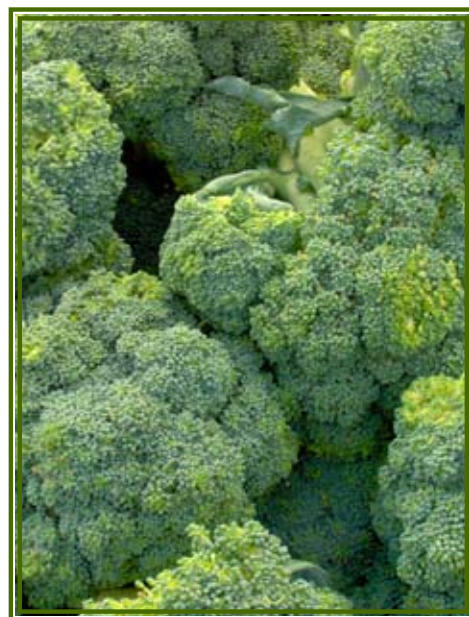
Santa Cruz River

# FARMERS' MARKET

where everyone's welcome!

## Broccoli 101

“Voted” most likely to prevent colon cancer by the *American Journal of Clinical Nutrition*, broccoli contains chemicals shown to stimulate the body’s production of its own cancer-fighting substances. Broccoli is a rich source of fiber with half of its fiber being insoluble and the other half soluble, helping to meet our needs for both types of fiber. Its noteworthy nutrients include vitamin C, vitamin A (mostly as beta-carotene), folic acid and calcium. While the calcium content of one serving doesn’t equal that of a glass of milk, broccoli is an important calcium source for those who don’t consume dairy products.



Broccoli can be steamed, sautéed, baked, grilled, oven roasted and, of course, eaten raw. It pairs well with garlic, olive oil, sesame oil, lemon, crushed red pepper, ginger, parmesan, feta, cheddar, olives and capers.

**DON'T TOSS THE STEMS** Peel, slice and use broccoli stems in stir-frys, soups and sautés.

**BLANCHE LIKE A PRO** Place broccoli florets in boiling water until bright green. Immediately plunge into a waiting bowl of ice water to stop the cooking.

**EASY CRUDITÉ** Serve raw or blanched spears with prepared salad dressing – thick dressing varieties work best such as Goddess, ranch, blue cheese, Caesar, etc.

**ADD TO BAKED MAC & CHEESE** Toss small steamed broccoli florets and chopped tomatoes in with mac & cheese before baking.

**GRILLED** Slice into large spears that include as much of the stem as possible. Coat with olive oil, salt and pepper and place on a preheated grill pan. Grill, turning every few minutes until the tops start to brown.

**OVEN ROASTED** Preheat oven to 375 degrees. Coat large spears and stems with olive oil, salt and pepper and place in a preheated baking sheet. Roast 10 to 15 minutes until tops begin to brown.

**LEMON GARLIC BROCCOLI** Pour 1 tablespoon of melted butter, 3 tablespoons of lemon juice, 1 teaspoon of lemon zest and 1 clove of minced garlic over steamed broccoli spears. If you wish, sprinkled grated Parmesan cheese over top.

**GARLIC-POTATO YOGURT SAUCE** Cover 1 large diced potato and four garlic cloves with water, bring to a boil, then reduce and simmer until very soft (20 minutes). Drain, transfer to a mixing bowl and mash with 1 8-oz container of plain yogurt until smooth. Stir in salt and pepper to taste and if you wish, chopped scallions and fresh herbs such as dill, parsley or thyme. Serve with steamed broccoli.

**GINGERED** Bring to a boil: 1 tablespoon of grated fresh ginger, 2 minced garlic cloves, ¼ cup rice vinegar, 1 tablespoon of sugar and 2 tablespoons of soy sauce. Toss in broccoli florets and steam for 5 to 7 minutes.

**SPICY CHILE NOODLES** Cook ½ pound of soba noodles or pasta (whole wheat or regular: linguini, fettuccini, spaghetti) according to package instructions. Meanwhile, combine ½ cup soy sauce, 3 ½ tablespoons of sake, wine, or Chinese rice wine, 2 tablespoons of sugar and 2 tablespoons of Worcestershire sauce and mix well, set aside. Sauté 1 chopped onion - red or white, 3 minced garlic cloves, 1 to 2 tablespoons of minced ginger and 1 - 2 teaspoons of crushed red pepper in olive oil and toasted sesame oil (optional). Toss in broccoli spears and stems and sauté over medium high heat until broccoli is barely tender. Add drained pasta and stir-fry for a few more minutes. Top with chopped cilantro if you have some handy.

**RETRO CASSEROLE** Preheat oven to 350 degrees, grease a casserole dish (9x13 inches or similar). Cook 1 pound of wide egg noodles according to package instructions. Meanwhile, sauté 1 chopped onion and 3 minced garlic cloves in olive oil or butter until onion is translucent. Toss in broccoli florets from one large bunch, salt and pepper to taste and sauté until broccoli is just tender. In a large bowl, beat 1 - 3 eggs with 3 cups of cottage cheese and 1 cup of sour cream or buttermilk. Add noodles, broccoli mixture and 1 cup of breadcrumbs or wheat germ and mix well. Spread into casserole dish top with ½ cup of breadcrumbs and, if desired, grated cheese. Bake covered for 30 minutes, uncover and bake for another 15 minutes.

**CREAM OF BROCCOLI SOUP** Sauté 1 chopped onion, 1 chopped carrot, and 1 head of chopped broccoli in olive oil or butter until onion is translucent. Stir in 3 tablespoons of flour until light yellow in color. Add 4 cups of stock, broth or water and simmer until broccoli is soft. Pour in ½ - 1 cup cream, ½ and ½ or milk. If you like chunky soup remove a ½ - ¾ cup of broccoli florets with a slotted spoon. Puree soup, return to pot (or use an immersion blender) and add reserved florets. Croutons are a tasty addition.

*-Compiled by Gretel Hakanson*