

Broccoli

A member of the cabbage family, broccolis are usually sold in heads that include many florets. The leaves, although edible, are usually discarded. They are in season all year round, but are at their best from July to October.

They are a good source of fibre, antioxidants and minerals.

Store:

- In the salad drawer of your fridge, place the broccoli heads or florets in a paper bag or perforated plastic bag for airflow.
- Last up to 7 days here
- Do not wash until moment of consumption or use

Freeze:

- Cut into florets, with about 2 inches of stem
- Blanch the florets using boiling water, then a bowl of ice cold water
- Subsequently, flash freeze the florets until they are solid. This will take between 1 to 2 hours.
- Lastly, transfer the solid florets to freezer-safe bags

Yellow Broccoli

Although yellowing of the florets is a sign of it being past its prime, the produce can still be safe to eat. It is important to look out for other key factors such as smell, a brown colour, mushy areas or any sign of mold.



Video Links