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Using, Storing, and Preserving Broccoli

Michigan State University Extension Service

Shirley Hamman, Kathleen Staskiewicz, Penny Ross, Food Science and Human Nutrition

Revised April 1986

2 pages

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# BROCCOLI

## AVAILABILITY

Mid-July to mid-October

## YIELD

2-3 pounds	2 pints frozen 1 quart canned
25-pound crate	24 pints frozen 10-12 quarts canned

## TRIM LOSS

Approximately 30 percent from leaves and woody stems.

## FREEZING

Broccoli and other similar strong-flavored vegetables (brussels sprouts, cabbage and cauliflower) usually discolor and grow stronger in flavor when canned. For this reason, freezing is usually recommended and will result in a higher quality product.

### Prepare Stalks

Select firm, young, tender stalks with compact heads. Remove leaves and woody portions. Immerse in brine (4 teaspoons salt to 1 gallon water)

for 30 minutes to remove insects. Split lengthwise so flowerets are not more than 1½ inches across. Rinse and drain.

### Blanch

Blanch 3 minutes in boiling water or 5 minutes in steam. Cool promptly in cold water. Drain.

### Pack

Pack into airtight freezer containers, leaving no head space. Seal and freeze.

## Quick Cheesy Broccoli Soup

2 tablespoons butter  
¼ cup sliced onion  
2 small celery stalks, minced  
1½ cups chicken broth  
1 cup mashed or riced cooked broccoli  
1 cup light cream  
1 cup cheddar cheese, grated  
¼ cup parmesan cheese, grated  
salt and pepper

**Saute** onion and celery in melted butter. **Add** chicken broth and broccoli. **Heat** to boiling. **Remove** from heat and **stir** in cream and cheese. **Do not** allow soup to boil again once cream has been added. **Season** to taste. **Garnish** with 1 tablespoon chopped parsley or a light grating of nutmeg.

## Summer Vegetable Salad

1 cup cherry tomatoes  
2 cups broccoli flowerettes  
2 cups cauliflower flowerettes  
1 cup sliced carrots  
½ medium cucumber, sliced  
1 medium onion, chopped  
½ cup celery, sliced  
1 medium green pepper, chopped  
2 cups fresh mushrooms, sliced  
bottled or homemade Italian salad dressing

**Combine** vegetables in a large mixing bowl. **Toss** with enough Italian dressing to lightly coat. **Allow** salad to **marinate** in refrigerator 6 to 8 hours or overnight. **Stir** occasionally while marinating. **Drain** excess marinade from vegetables before serving.



