



Kentucky Broccoli

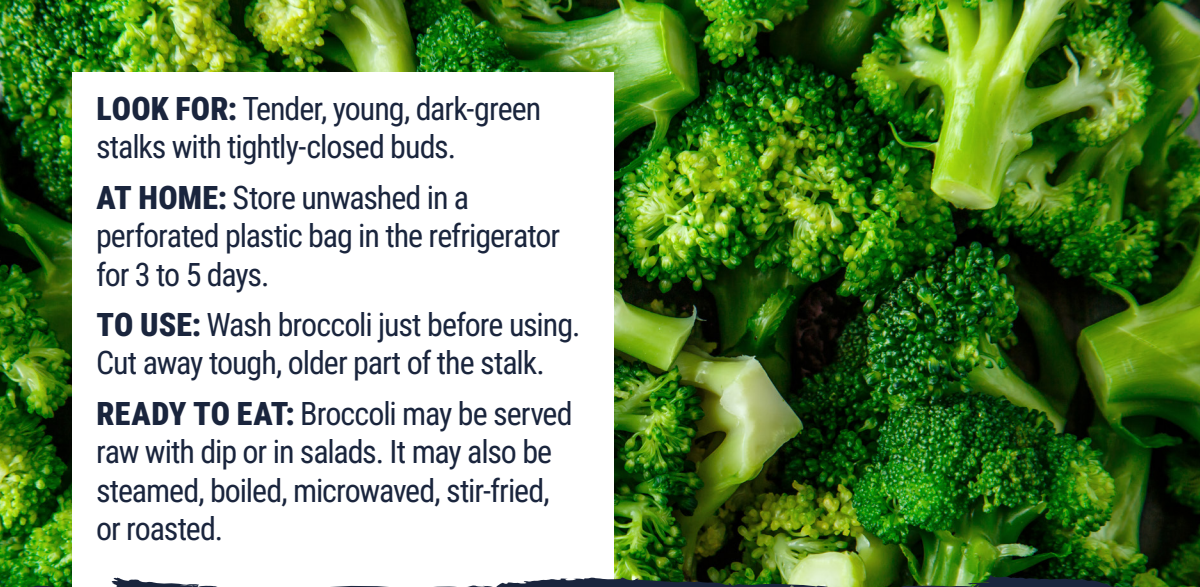
**RIPE AND TASTY:
JUNE - JULY AND
OCTOBER - NOVEMBER**



Cooperative Extension Service



This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP. This institution is an equal opportunity provider.



LOOK FOR: Tender, young, dark-green stalks with tightly-closed buds.

AT HOME: Store unwashed in a perforated plastic bag in the refrigerator for 3 to 5 days.

TO USE: Wash broccoli just before using. Cut away tough, older part of the stalk.

READY TO EAT: Broccoli may be served raw with dip or in salads. It may also be steamed, boiled, microwaved, stir-fried, or roasted.



**Looking for recipes?
Scan this QR code!**

