



# Gleaning Broccoli



## Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

**Nutrition Facts:** 1 Cup of Broccoli, **Protein:** 2.5 g, **Fat:** .3 g, **Carbohydrates:** 6 g, **Fiber:** 2 g, **Sugar:** 1.5 g, **Calcium:** 43 mg, **Magnesium:** 19 mg, **Potassium:** 288 mg, **Vitamin C:** 81.2 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

**Recipe:** *Roasted Broccoli with Garlic and Parmesan Cheese*

**Season:** *Fall*

**Ingredients:** 5 Cups of broccoli, 3 Tbsp. olive oil, 4 cloves of garlic, minced, ¼ Cup grated parmesan, juice of 1 lemon, salt and pepper to taste. **Instructions:** 1. Preheat oven to 425 degrees and lightly oil a baking sheet. 2. In a large bowl, toss together broccoli, olive oil, garlic, parmesan, salt and pepper. 3. Spread broccoli mixture on the baking sheet. 4. Bake for 10-12 minutes, until broccoli is crisp-tender. 5. Enjoy!

## Fun Tips for Growing Broccoli:

- ★ Broccoli is a cool season crop that can be grown in the Spring or fall.
- ★ Plant seeds in mid to late summer as broccoli thrives in cool weather.
- ★ Broccoli requires full sun and moist, fertile soil that's slightly acidic.
- ★ Plant seeds ½ inch deep and space your plants 12 to 24 inches apart with 36 inches between each row.
- ★ Provide consistent soil moisture by watering regularly. Mulch helps to keep soil temperatures down.
- ★ Harvest broccoli when the buds of the head are tight and firm, cutting the head off of the plant with at least 6 inches of the stalk.
- ★ Wash and store in the refrigerator for up to 5 days. Broccoli can be blanched and frozen for up to one year.

Source: The Farmer's Almanac, 2015

For more information on **Farmers Against Hunger and NJ Agricultural Society**,  
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