



# GTCG WEEKLY

## Recipes, Garden Pests and TidBits

Newsletter

Issue #8

### Broccoli

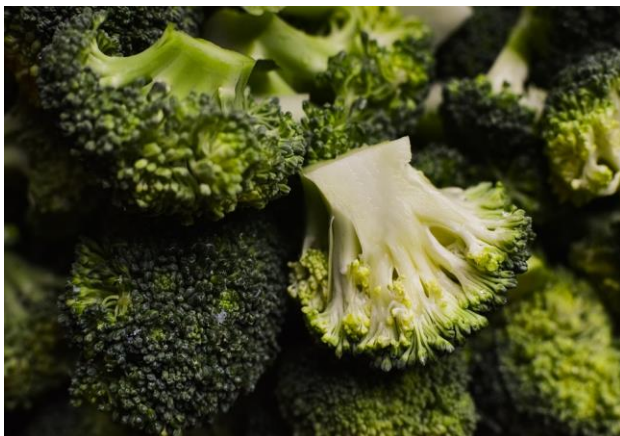
[Scientific name: Brassica Oleracea]

#### GROWTH

Broccoli should be planted in full sun and soil should be kept moist and fertile and well-draining. Broccoli is a cool season crop so it should be started in early to mid spring and can be started indoors before the last spring frost date. Sow seeds ½-inch deep and 3 inches apart. If starting indoors, plant transplants that are four to six weeks old 12 to 20 inches apart. Water at least 1 to 1 ½ inches per week, and harvest broccoli in the morning, just before the head flowers.

#### DISEASES/PESTS

Cabbage root maggots are white maggots that resemble small house flies. They leave the plant wilted and stunted in early stages of production. The larvae of these insects feed off of the roots. To get rid of these pests, use collars made of plastic or tin foil around the seedling stems. Monitor adult plants with yellow sticky traps and use row covers.



#### HISTORY

Broccoli was not introduced to the United States until the 1900s when Italian immigrants brought it to California. California produces over 90% of the U.S. broccoli crop.



#### PRESERVATION

Broccoli can be stored in the refrigerator for up to five days. Make sure to dry thoroughly.

To freeze:

- Wash broccoli and cut head into florets or bite size pieces, including stems.
- Drop pieces into rapidly boiling water and let them cook for two minutes, until the broccoli is bright green.
- Immediately transfer to a bowl of ice water to stop cooking, leave in the ice bath for three minutes.
- Spread broccoli on a baking sheet and freeze for one to two hours.
- Transfer to freezer bags and freeze for up to one year for best quality.

## Recipe of the Week

# Roasted Broccoli



## INGREDIENTS

3 to 4 pounds broccoli  
4 garlic cloves, thinly sliced  
Olive oil  
½ teaspoon kosher salt  
½ teaspoon freshly ground black pepper  
2 teaspoon grated lemon zest  
2 tablespoons fresh lemon juice  
3 tablespoons pine nuts  
½ cup freshly grated Parmesan cheese  
2 tablespoons fresh basil leaves



## DIRECTIONS

1. Cut broccoli into florets from the thick stalks, leaving an inch or two of stalk attached to the florets.
2. Cut larger pieces through the base of the head with a small knife, pulling the florets apart.
3. Place broccoli on a sheet pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle with 5 tablespoons olive oil. Sprinkle with salt and pepper.
4. Roast for 20 to 25 minutes, until crisp-tender and the tips of the florets are browned.
5. Remove broccoli from the oven and immediately toss with 1 ½ tablespoons olive oil, lemon zest, pine nuts, parmesan and basil. Serve hot.

## NUTRITION

Makes six servings. Each serving has 180 calories, 8 grams (g) fat, 10 g protein, 21 g carbohydrate, 8 g fiber and 360 milligrams sodium.

Compiled by Clair Frydenland and Anna Seefeldt, NDSU dietetic interns and Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist

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EXTENSION

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