



“Hold it, Newman, you wouldn’t eat broccoli if it was deep fried in chocolate sauce.”

~Jerry Seinfeld in *Seinfeld*~

This week’s CSA share contains:

- Rainbow Carrots
- Seascape Strawberries
- Kohlrabi
- Black Summer Bok Choy
- Green Magic Broccoli
- Lettuce
- Easter Egg Radishes
- Garlic Scapes

History of Broccoli

Broccoli can be traced to having its roots in what is now known as Italy. In ancient Roman times, it was developed from wild cabbage – which more resembles collards than broccoli. It spread throughout the Near East where it was appreciated for its edible flower heads and was brought back to Italy to be further cultivated. Broccoli was then introduced to the United States during the colonial times. It was popularized by Italian immigrants who brought this prized vegetable with them to the New World.

How to store broccoli

Place broccoli in a plastic bag and remove as much of the air as possible. Store in the refrigerator where it will keep for about 10 days. Do not wash broccoli before storing, as exposure to water will encourage spoilage. You can also blanch your broccoli and then freeze it right away. It will stay for up to a year.

1 cup of cooked broccoli has the following %DV:

vitamin K	245%	vitamin C	135%
chromium	53%	folate	42%
fiber	21%	vitamin B6	18%
vitamin E	15%	phosphorus	15%
manganese	15%	vitamin B2	15%
vitamin A	13%	potassium	13%
omega-3 fats	8%	iron	6%
calcium	6%	vitamin B3	5%



Here is a recipe that incorporates broccoli, garlic scapes, carrots and bok choy from this week's CSA share!

Broccoli Stir-Fry with Ginger and Sesame

Total Time: 30-45 Mins.

Servings: 2-4



Ingredients

1 Tbsp. sesame seeds	½ cup. Chicken or vegetable stock
1 Tbsp. soy sauce	1 Tbsp dark sesame oil
1 Tbsp. peanut oil	1 head broccoli
3 garlic scapes, diced	1 Tbsp. minced ginger
1 head bok choy, chopped	2-3 carrots, chopped
hot pepper flakes to taste	

Preparation

1. Toast the sesame seeds first by heating a small, stick-free sauté pan on medium high heat. Add the sesame seeds and jiggle the pan so they spread out in a thin layer. Let then cook until lightly browned, stirring occasionally. It should take 2-3 minutes. Remove from heat and store in a small bowl.
2. Mix the stock, soy cause and dark sesame oil together in a small bowl, set aside.
3. Heat 1 Tbsp. of peanut oil in a large, sauté pan on medium high heat. Add the broccoli, bok choy, and carrots. Stir to coat the broccoli with the oil, and sauté for 1 minute. Add the ginger and garlic scapes and cook for another minute.
4. Add the stock soy sauce mixture to the pan. Bring to a simmer, reduce heat, and cover. Let cook for 2-3 minutes, until broccoli is still firm, but can be pierced with a fork. Remove from heat. Add toasted sesame seeds. Add optional hot pepper flakes, or sriracha for heat and flavor!
5. Serve over rice!