

Broccoli

Broccoli contains vitamin c, vitamin k, and fiber. These nutrients may help support immune health, bone health, wound healing, and digestive health.

- Refrigerate unwashed in a plastic bag and make sure to keep them dry and free of moisture to prevent early spoilage
- When properly stored, broccoli can last up to 1 week.
- Wash and cut into bite size pieces before freezing to extend its expiration date
- Broccoli has gone bad if it goes limp, turns yellow, or develops a distinct foul smell



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