



# Using, Storing and Preserving Broccoli



Michigan-grown broccoli is available July through October.

Prepared by:  
Linda Huyck, MSU Extension educator

## Recommended varieties

Cruiser, Green Comet, Green Goliath

## Storage and food safety

- Store broccoli in the refrigerator in a plastic bag with holes.
- Use broccoli within three days. The longer you store it, the lower the vitamin content.
- Choose broccoli with dark green florets. If the florets are enlarged, opened, yellowish-green or wilted, the broccoli is not fresh.
- Avoid broccoli with thick, tough stems.
- Do not purchase broccoli that is soft or slippery — this is a sign of spoilage.
- Keep away from raw meat and meat juices to prevent cross-contamination.
- Wash broccoli using cool running water. Do not use soap.
- For best quality and to preserve nutrients, preserve no more than your family can consume in one year.



## How to preserve

### Canning

Broccoli usually discolors and grows stronger in flavor when canned. For this reason, canning is not recommended.

### Freezing

Select firm, young, tender stalks with compact heads. Remove leaves and woody portions. Prepare a brine by adding 4 teaspoons of salt to 1 gallon of water. Immerse broccoli in the brine for 30 minutes to remove insects. Split lengthwise so florets are no more than 1½ inches across. Rinse and drain. Blanch 3 minutes in boiling water or 5 minutes in steam. Cool promptly in ice water, drain and pat dry. Pack into airtight freezer containers, leaving no head space. Seal, label, date and freeze. Use frozen broccoli within 8 to 12 months for best quality.

## References

Michigan State University Extension Food Preservation Series — *Broccoli*. 2006. Bulletin W01047. MSU Extension.

*Watch Your Garden Grow*. 2012. University of Illinois Extension. <http://urbanext.illinois.edu/veggies/>.

Andress, Elizabeth and Judy A. Harrison. *So Easy to Preserve* Bulletin 989, 6th Edition. Cooperative Extension University of Georgia, 2014.

## Yield

1 pound of broccoli	=	about 6 cups of raw, trimmed florets and stems
1 pound	=	about 4 to 6 servings (1 cup raw or ½ cup cooked)
2 to 3 pounds of fresh broccoli	=	2 pints frozen broccoli

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