



The Geneva School

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BROCCOLI

Today students in grades 2–6 had a chance to taste broccoli, fresh steamed and in a raw slaw salad. Broccoli is a superfood, boasting many health benefits, and is readily available all year long. It is a cruciferous vegetable, in the same family as cauliflower, cabbage,



and Brussels sprouts.

A great source of Vitamin C means broccoli boosts the immune system to protect from illness and prevent some cancers. Rich in Vitamin K and A, it helps keep our metabolism of Vitamin D in balance. It is a good fiber source for digestive health and lowering cholesterol. It contains a flavonoid, kaempferol, with unique properties to lessen the impact of allergy triggers on our body. Broccoli even has some Omega 3s, iron, and protein. The glucosinolate phytonutrients in broccoli form a special combination that support the body's detoxification process.

The flowerets, stalk, and leaves are all edible. Children like the flowerets best, but the stalk can be cut up and added to soups or grated into salads. The leaves can be chopped and boiled in soups or blended into smoothies.

Serve broccoli lightly steamed or raw to maintain the nutrients and flavor. It can also be tossed with olive oil, salt, and pepper and roasted in the oven. Avoid boiling.

Enjoy this easy to prepare powerhouse food often for all of its great health benefits!

Stacy Gibson's Broccoli Slaw Salad

1/4 cup cider vinegar
1 Tbsp. light brown sugar
1/2 tsp. salt
1/2 cup vegetable oil
12-16 oz. package of broccoli slaw
(or you can grate broccoli stalks, carrots, and red cabbage for a total of 5 cups)
2 small apples, chopped
1/2 cup raisins or dried cranberries

- Whisk the vinegar, sugar, and salt in a large bowl; gradually whisk in the oil.
- Add broccoli slaw, chopped apples, and raisins.
- Toss well to coat; cover and chill at least 3 hours.

Serves 8-10

Mrs. Jones' Fresh Steamed Broccoli

1-2 large heads of broccoli, trim stalks and cut into desired size serving pieces
Extra virgin olive oil
Lemon pepper

- Place broccoli in a pot large enough to hold it. If you have a steamer basket you can place it in the pot before adding the broccoli, but it is not necessary.
- Add 1/2" inch of water to the pot.
- Cover pot and bring to boil, then reduce to low heat and steam broccoli for about 5 min. (It should pierce easily with a fork, but still be firm).
- Drain water from pot.
- Drizzle broccoli with olive oil.
- Sprinkle with lemon pepper, then toss and serve.

Each large head serves 3-4

Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success.