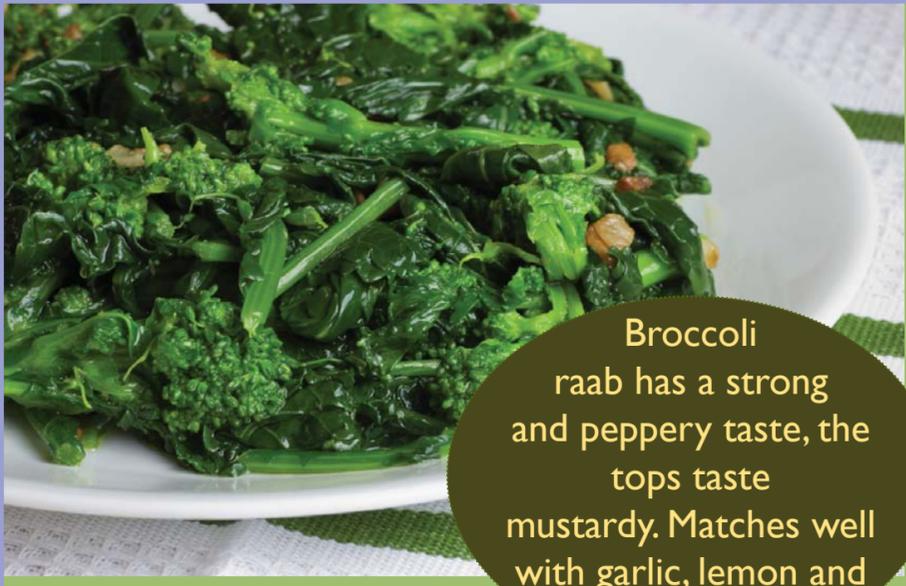


Try Me!

# Broccoli Raab

MEATLESS MONDAY



Broccoli raab has a strong and peppery taste, the tops taste mustardy. Matches well with garlic, lemon and olive oil.

## Quick Facts

- ▶ Broccoli raab is a leafy green in the turnip family. It is also known as brassica rapa, or broccoli rabe, rapini, rape and rapa.
- ▶ All parts of the plant can be eaten which includes the tender stalks, florets and leaves.
- ▶ Broccoli raab originated as a wild herb in the Mediterranean and in China where its bitter, intense flavor is popular.
- ▶ Italian farmers introduced Broccoli Raab to the United States in the 1920s.

•••▶ What it tastes like: strong and peppery, the tops taste mustardy. Matches well with garlic, lemon and olive oil.

•••▶ Broccoli raab is not considered broccoli.

## How to Harvest

- ▶ Broccoli raab is harvested young, before it turns too bitter. It is best grown in the spring or fall.
- ▶ Cut the shoots of the broccoli raab when the plants reach 10-15 inches tall. This way the plants may resprout and a second or third harvest may be taken.
- ▶ It is best harvest right before your meal.

## How to Select and Store

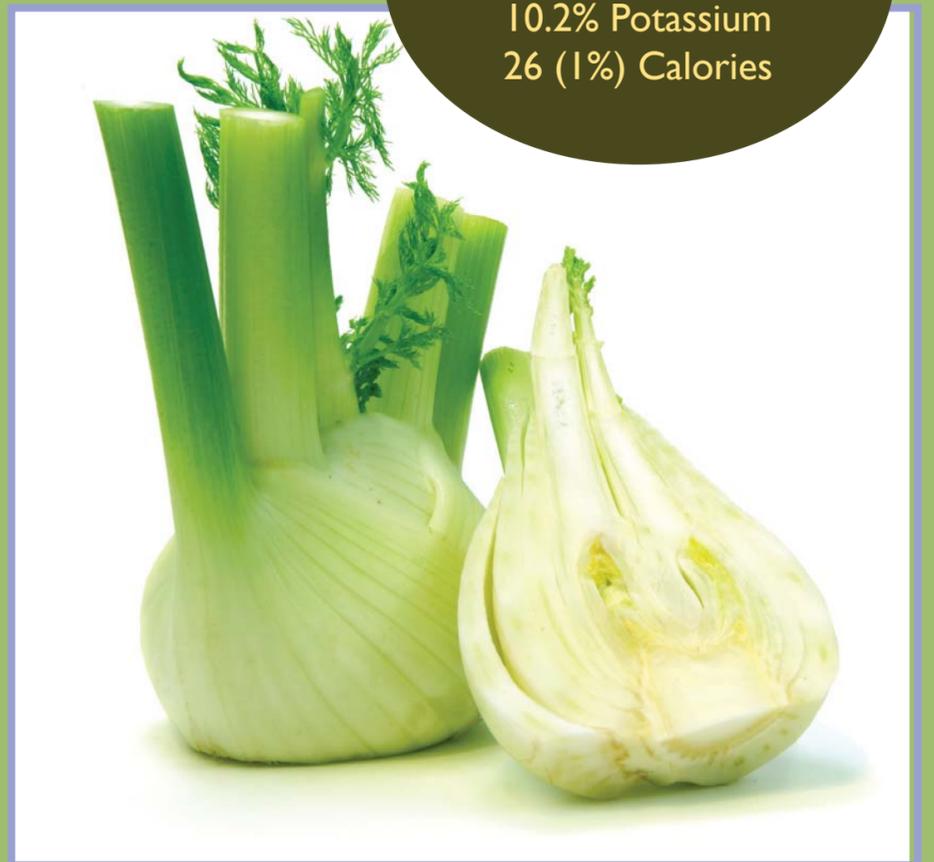
- ▶ Choose firm, green, small stems with compact heads. Like broccoli, the flower buds that make up the florets should be tightly closed and dark green, not open or yellow. Avoid ones with leaves that are wilted, yellowing, or have dark green patches of slime.
- ▶ It should be stored by refrigerating for only up to 5 days. For longer storage it can be blanched and frozen. Broccoli raab is usually displayed in a refrigerated produce case sprinkled with ice because it wilts easily.

# Fennel

## Quick Facts

- ▶ Fennel yields both a seed-like fruit and the leafy growth used as an herb. The bulb has celery-like stalks, which are eaten as a vegetable.
- ▶ Fennel is in the same family as anise, dill, cilantro and cumin.
- ▶ What it tastes like: Fennel is crunchy and slightly sweet, adding a refreshing contribution to the ever popular Mediterranean cuisine.
- ▶ Fennel often reaches a height of 5 feet.
- ▶ Fennel is a sun-loving perennial, and can damage other plants grown with them, thus they should be grown in their own bed.
- ▶ Why its healthy: The anethole in fennel has repeatedly been shown to reduce inflammation and to help prevent the occurrence of cancer.
- ▶ Fennel contains its own unique combination of phytonutrients that give it strong antioxidant activity.
- ▶ The Roman historian Pliny recommended this plant as an aid for eyesight.
- ▶ Fennel can also be used for cosmetics, although it is typically used for cooking.

Nutrients in 1 cup raw Fennel (87 grams):  
17.4% Vitamin C, 10.8% Fiber,  
10.2% Potassium  
26 (1%) Calories



References:

<http://www.wisegeek.com/what-is-broccoli-raab.htm#>

<http://www.wisegeek.org/what-is-fennel.htm#>

<http://www.whfoods.com/genpage.php?ntname=foodspice&dbid=23>

Poster created by: Syracuse University Food Services