

BROCCOLI

Edible Flower of the Cabbage Family

Broccoli is an excellent source of vitamin K1, vitamin C, and chromium. It also contains a high level of B vitamins. The flowering tops of broccoli are best known for their rich sulforaphane content, an antioxidant associated with decreased levels of C-reactive protein, a marker of systemic inflammation.

Serving suggestions:

Lightly steam to preserve vitamin C content, serve with butter or olive oil
Puree steamed broccoli along with potatoes and herbs for a creamy soup
Include broccoli florets in an omelette
Finely chop raw broccoli and add to a coleslaw or top a salad

Nutrition Tip:

Delicate nutrients such as vitamin C and antioxidants steadily decrease after broccoli (and other produce) is harvested. To ensure the highest nutrient content of your vegetables, purchase from a local farm and consume or freeze within seven days.

**ETHICALLY GROWN/RAISED
PRODUCE, MEAT, AND EGGS
BY STONYLEDGE FARM**

**BIO-INDIVIDUAL NUTRITIONAL
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