



**PARKDALE
FOOD CENTRE**
NEIGHBOUR TO NEIGHBOUR

**YOUR
LOCAL
FOOD
BANK**



FOOD OF THE MONTH

CRUCIFEROUS VEGETABLES

BROCCOLI, BRUSSEL SPROUTS, CAULIFLOWER to name a few, are from the cruciferous family that are often hard to fall in love with, however, offer many health benefits. Known for being extremely good for you, they contain phytochemicals, nutrients that may help to detoxify certain cancer causing substances before they have a chance to cause harm in the body. High in Vitamin C, folic acid, fiber and many more, these vegetables are superstars in the veggie world.

A Powerful Little Tree: In an environment filled with pollutants, stressors and chemicals, the body quickly becomes overloaded with toxins. These toxins have a huge impact on our health, and greatly contribute to the progression of many conditions such as cardiovascular disease, allergies and asthma, and most importantly cancer.

These toxins have a specific affinity for the DNA within our cells, and once bound to these genetic blueprints, they undergo oxidation and inflammation, which can stimulate or trigger cancerous genes and cell mutation.

Our principal defense against toxins is to minimize the impact they have on the body by neutralizing and excreting them from the body before they exert major damage. This process, detoxification, plays a role in the maintenance of health and the prevention of cancer.

The detoxification process is divided into two main phases. The first is the breakdown, or alteration, of the toxins into different forms; the second phase involves binding these newly formed substrates to specific protein molecules to be excreted out of the body.

Nutrients and supplements can be used to stimulate this process. In fact, one of the most efficient nutrients, which can specifically increase the production of Phase 2 enzymes that detoxify carcinogens, is found in broccoli.

HEALTH BENEFITS OF BROCCOLI: The main active ingredients in broccoli are compounds known as glucosinolates. Glucosinolates are themselves altered, first into substrates called isothiocyanates, and then into one of the final and most active forms, sulphoraphanes.

The benefits of broccoli remain undeniable, from its beneficial fiber and B vitamins to chemo-protective and chemo-preventative effects.

So eat your broccoli!!!

STORING BROCCOLI: Broccoli will remain fresh for up to 5 days if stored in the refrigerator. Wrap the broccoli in a storage bag tightly around the broccoli squeezing out as much air as possible. Do not wash the broccoli until ready to eat.

HEALTHY, NUTRITIOUS WAYS TO EAT BROCCOLI: Clean the broccoli under cold running water and shake to remove excess water. Never soak your broccoli as it will lose valuable nutrients.

Cut broccoli into small florets including the stems which are just as nutritious, in fact quite sweet, and will allow you to get more out of the head of broccoli.

Raw broccoli is great to eat in salads and with healthy dips such as hummus or salsa.

Steaming broccoli is said to be the healthiest way to consume broccoli. Steaming for 3 minutes you will obtain an al dente cooked broccoli with all nutrients remaining intact.



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GARLIC-BRAISED BROCCOLI

(4-5 servings)



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INGREDIENTS:

- 1 Tbsp. extra virgin olive oil
- 6 cloves fresh garlic, very finely minced
- 5 cups ½" broccoli florets
- ½ tsp. sea salt
- ¼ cup spring or filtered water

DIRECTIONS:

- 1** Place oil and garlic in a skillet over medium-low heat.
- 2** Cook, stirring frequently for 2 minutes, but do not burn the garlic.
- 3** Stir in broccoli, salt, and water.
- 4** Cover and increase heat to medium.
- 5** When you hear a strong sizzle, reduce heat to low and cook for 2 minutes, stirring frequently.
- 6** Serve immediately.

BROCCOLI SALAD (Serves 2)



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INGREDIENTS:

- 1 cup broccoli florets, including part of the stem
- 1 medium carrot, diced
- 1 tomato, diced
- 1 green onion

DRESSING:

- 2-3 Tbsp. extra virgin olive oil
- 2 Tbsp. lemon juice
- 2 medium cloves garlic, minced
- Salt and pepper to taste.

DIRECTIONS:

- 1** Place all veggies into a salad bowl, pour dressing over top and toss gently until well mixed