

Opa-locka Farmers Market

At Nathan B. Young Elementary

14120 NW 24th. Avenue, Opa-locka, FL 33054

Wednesday from 2pm to 5pm

Featured Produce of
the Week

Broccoli

Country Corner

Broccoli: \$1.25 bunch
Collard Greens: \$2.99 bunch
Banana: \$0.69lb
Oranges: 4 x 1.00
Limes: 5 x \$1.00
Strawberries: \$2.99 pack
Grapes: \$2.49lb
Corn: 4 x \$1.00
Bell Pepper: \$0.75 ea. Or 2 x
\$1.00
Eggplant



Facts about Broccoli

- ~Contains twice the amount of Vitamin C found in orange
- ~Contains almost as much calcium found in whole milk
- ~Contains selenium-mineral that has anti-cancer and anti-viral properties
- ~Great source of Vitamin A and Vitamin E
- ~Helps boost immune system, build stronger bones, and useful during pregnancy
- ~Contains phyto-nutrients that help protect from prostate cancer and reduce stroke risks.

Source:

<http://www.livingwithrheumatoidarthritism.com/Broccoli.html>

Recipe

Roasted Garlic Lemon Broccoli

Ingredients

- 2 heads of broccoli, separated into florets
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 clove garlic, minced
- ½ teaspoon lemon juice

Preparation

1. Preheat oven to 200 C
2. In a large bowl, toss broccoli florets with the extra-virgin olive oil, sea salt, pepper, and garlic. Spread the broccoli out in an even layer on a baking sheet.
3. Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

