



## Aspabroc Baby Broccoli

*New! Available to the home garden industry for the first time ever!*

Well known under the brand name Broccolini® in the produce section of your grocery store and on restaurant menus, Aspabroc (bred by Sakata Seed) is now available to bedding plant growers and the home garden market. This delicious vegetable resembles a broccoli raab with an asparagus stem. It has a sweet, delicate flavor with a subtle, peppery taste. The flavor is milder and sweeter when cooked. When eaten raw, the vegetable has a tender, yet crunchy texture. Aspabroc is a nutrition powerhouse, full of vitamins and minerals the body needs to stay fit and healthy.

### Cooking Methods

**Stove Top:** Fill pan with approximately 1 inch of water. Bring to a boil. Add vegetables to pan and cover. Steam until tender yet crisp, 3-4 minutes.

**Roast:** Preheat oven to 400°. Arrange Aspabroc stalks in a single layer on a baking sheet. Drizzle lightly with extra virgin olive oil. Bake for 10 minutes, then turn vegetables over. Bake for an additional 10 minutes until crisp and toasted.

**Blanch:** Boil 2-6 cups of water (depending on size of Aspabroc stalks) in a large saucepan. Once at a boil, put vegetables into the water. Keep vegetables in the water for about 1-2 minutes. Remove the vegetables and strain in a colander. Rinse under cold, cold water or immerse in ice water - to stop the vegetables from cooking further. Strain vegetables and pat dry with paper towels.





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### Usage Ideas

- Lightly steam or blanch Aspabroc to accentuate its delicate flavor and deep green color.
- Microwave Aspabroc for a quick and nutritious snack.
- Stir-fry Aspabroc with a selection of other fresh vegetables and add a ginger soy sauce for an Asian-inspired, light meal.
- Dip Aspabroc in a flour and beer batter and deep-fry for a delicious and crunchy appetizer.
- Sauté with olive oil, yellow onions and capers for a flavorful side dish to accompany a favorite entrée.
- Grill Aspabroc for a smoky, sweet summertime treat; wrap the flower tip in foil to prevent charring.
- Add to: Couscous, pastas, soups, tapas, chilled crudité's, sushi rolls, vegetable chili's, stews, quiches, macaroni and cheese, casseroles, crepes, salads and quick breads - the possibilities are infinite!
- Aspabroc is a great finger food - easy to nibble on; perfect for party appetizer trays or elegant hors d'oeuvres.

### Nutrition Facts:

Good source of vitamin A, folate, iron and potassium  
Excellent source of vitamin C (over 100% per serving!)  
35 calories per 3 oz. serving (around 5 - 6 stalks)



### Szechwan Aspabroc and Beef

Servings: 2-3

#### Ingredients:

3/4 lb Top sirloin, cut into strips  
2 Tbsp Vegetable oil  
1 bunch Aspabroc, stems cut in half  
2/3 cup Stir fry sauce, sesame ginger flavored (like Lawry's®)  
1/2 tsp Garlic powder, with parsley  
1/4 tsp Red pepper, flakes  
3/4 cup Pineapple, chunked

#### Directions:

In large skillet, heat oil over high heat until hot. Carefully add half of meat and stir-fry until just browned. Remove meat, set aside and repeat with remaining meat. In same skillet, combine Aspabroc, sesame ginger stir-fry seasoning sauce, pineapple chunks, garlic powder with parsley and red pepper flakes. Stir fry until Aspabroc is slightly tender, about 5 minutes. Return beef to pan and heat through. Serve alone or with white rice.

**Optional:** Add 1/3 cup of carrots, 1/3 cup of bell pepper to stir fry.

**Greenhouse Growers:** Grow Aspabroc as you would regular broccoli.

**Home Gardeners:** Aspabroc is easy to grow and requires very little space. Expect maturity +/-50 days from transplant. Harvest the central shoot first and each plant will set 3-5 side shoots shortly thereafter. Harvest can continue for +/- four weeks in mild weather.

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**Sakata Seed America, Inc.**

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