



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Broccoli



**In season:**  
   
**Summer and  
Fall**

**Preserve it  
to enjoy year  
round!**

## Canning

The National Center for Home Food Preservation does not recommend canning broccoli.



## Freezing

### Process: Water Blanch

- Select stalks with compact heads
- Wash broccoli
- Remove leaves and woody portions
- Immerse in brine mixture of 4 teaspoons salt to 1 gallon water for 30 minutes
- Split lengthwise, to 1½ inches across
- Boil 3 minutes in water
  - » To steam blanch, steam for 5 minutes
- Cool, drain and package, leaving no headspace
- Seal and freeze

## Drying

### Process: Dehydrator

- Trim and cut as for serving
- Wash
- Quarter stalks lengthwise
- Boil for 2 minutes or steam for 3 minutes
- Set dehydrator to 140 degrees F
- Arrange in single layer on racks
  - » For dehydrating, put flowers and stems on separate trays. Add seasoning before dehydrating for extra flavor.
- Rotate broccoli and racks during drying process
- Estimated drying time is 12-15 hours, depending on size of broccoli



## *Tips/Tricks:*

Dried broccoli can be eaten as a snack or part of a meal. Adding to soups is the simplest way to rehydrate vegetables.

## Freezing Broccoli

### Ingredients

- Broccoli
- 4 teaspoons salt for every 1 gallon of water

### Directions

1. Remove leaves and woody portions from broccoli.
2. Submerge flowerets into brine (4 teaspoons salt to 1 gallon water) and wait 30 minutes for insects to float up.
3. Split lengthwise so flowerets are no more than 1 ½ inches across.
4. Water blanch 3 minutes or steam blanch 5 minutes.
5. Cool promptly, drain and package, leaving no headspace. Seal and freeze.

Source: [National Center for Home Food Preservation](#)

**Find more recipes  
and videos at  
[extension.sdstate.edu](https://extension.sdstate.edu)**

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).