

Broccoli Rabe

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Broccoli Rabe promotes good eyesight and reduces inflammation

GEEK TALK

Brassica rapa

BUT WE TALK

Rapini, Broccoli raab, cime di rapa, friarielli, grelos

DID YOU KNOW?

Known for a somewhat bitter taste and its similarity in appearance to broccoli, broccoli rabe (pronounced “rob”) actually is more closely related to mustard greens or turnips.

Best eaten in the winter though available year-round, Broccoli Rabe is often associated with Italian and Portuguese cuisine. Also referred to as Rapini, Broccoli Rabe is typically prepared cooked as opposed to raw to soften the bitter taste and often served with garlic or lemon.

KITCHEN PHARMACY

- Seen as very helpful in reducing cancer risk especially colon, lung and stomach cancer.
- Helps prevent heart disease and strokes and promotes good eyesight.
- Is believed to help alleviate the common cold and can be beneficial to reduce inflammation.

