

Broccoli Seed Profile

Also known as

Brassica oleracea, Wild Cabbage, and Cauliflower

Introduction

Broccoli seed is the source of broccoli sprouts, the most potent natural source of sulforaphane glucosinolate, a natural compound found in broccoli and other cruciferous plants that supports the body's antioxidant functions. Broccoli sprouts are added to salads, soups, pestos, pizzas, and wraps for flavor and texture. Try them as an addition to Greek salads, sun-dried tomato dishes, guacamole, tortilla soup (added just before serving), tofu, carrots, or as a side dish all on their own with a little vinaigrette.

Constituents

In addition to sulforaphane glucosinolate, broccoli sprouts are a superior source of Vitamin A, selenium and a good source of beta-carotene.

Parts Used

The raw seeds

Typical Preparations

Added to food, as noted above, and soaked for sprouting.

Summary

Broccoli sprouts are an excellent source of sulforaphane glucosinolate, a natural compound found in broccoli and other cruciferous plants that supports the body's antioxidant functions and may prevent cancer. Broccoli sprouts and the SG they contain are among the most sources of dietary protection against cancer, also obtained by eating:

- ˆ Allicin in garlic;
- ˆ Carotenoids in pumpkin, squash, and carrots;
- ˆ Flavonoids in tea and berries
- ˆ Isoflavones in soybeans;
- ˆ Lignans in flax seed, and
- ˆ Lycopene in tomatoes;

SG is cancer-protective by virtue of its action on the liver. The SG found in abundance in broccoli sprouts and in lesser concentrations in raw, steamed, and stir-fried broccoli, cabbage, cauliflower, kale, mustard, and watercress activates phase 2 detoxification enzymes that convert environmental toxins into water-soluble forms that can be removed by the kidneys. Three- day-old broccoli sprouts contain 20 times the concentration of sulforaphane glucosinolate found in mature broccoli.

Precautions

SG is heat stable but water-soluble. Sprouts can be eaten raw, steamed, stewed, or even fried, but they should not be boiled.