

## ***NNC PACKAGING GUIDELINES for BULK Broccoli and Cauliflower***

***Sites with Harvest Stands should start packaging suggested bulk produce items.***

*For broccoli, use recipe #R4279. For cauliflower, use recipe #R4608N. Click on “FS Tutorial Videos” on our website for instructions on using equipment to seal bagged items. Scroll to the bottom of videos and view the fourth and fifth videos from the bottom related to this topic.*



**STEP 1**

Estimate a 1.2 oz portion of broccoli and a 1.8 oz portion of cauliflower. This picture show what a single portion size in a ½ lb boat should look like.



**STEP 2**

Put the measured portion of broccoli or cauliflower in a bag on the stand.



**STEP 3**

Remove the bag, twist the top of the bag and seal it using the tape machine



**STEP 4**

Serve the bagged vegetables in the harvest stand.