

CAULIFLOWER

GENERAL INFO

NUTRITION

PREPARATION

- Peak seasonality runs from September to November
- Choose heads that are firm, compact, and brightly colored with minimal discoloration.
- Commonly a white color, but may be purple, green, or orange.
- Store stem side up in the refrigerator for 5 to 7 days.
- Great source of **vitamin C** to support immune function.
- High in **fiber** to regulate digestion and blood sugar.
- Different colors of cauliflower indicate different levels of **specific antioxidants** that have anti-cancer effects and reduce inflammation.
- High source of **choline** which aids metabolism.

ROASTING

Set your oven to 400F, drizzle with olive oil, and season with desired spices until browned and crisp

PUREE

Blending up roasted, steamed, or boiled cauliflower can make for a velvety smooth soup.

RICED

When chopped finely with a knife or food processor, cauliflower can be treated like cooked rice.

GARDENING TIPS

- Suggested varieties: Snow Crown and Majestic
- Start your seeds in small seed trays then transplant into your beds
- Plant them 24-36 inches apart to give them plenty of room
- Make sure you fertilize in the first few weeks that your plants are in the ground
- Plant transplants from August to November for winter crops
- Plant transplants from February to March for spring crops

