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.

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

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

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

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