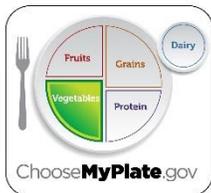


Cauliflower



NUTRITION NOTES

- One cup of raw chopped cauliflower has about 25 calories, no fat and 2 grams of fiber.
- Cauliflower is a good source of **folate** (*helps the body make healthy blood cells*).
- Cauliflower is high in **vitamin C** (an antioxidant that *promotes healing*) and a good source of **vitamin K** (*helps the blood to clot*).

Cauliflower is a member of the cabbage family, along with broccoli, bok choy and brussels sprouts. Cauliflower means “cabbage flower”.

USES AND TIPS

Select cauliflower with a creamy white color, compact surface and bright green leaves. Refrigerate and use within 3-5 days.

Cauliflower may be eaten raw or cooked. Add raw cauliflower to salads for extra crunch or eat as a snack with low-fat dip or hummus. Try cauliflower roasted, sautéed, steamed or stir-fried. Cauliflower can also be cooked until tender and mashed or pureed, like mashed potatoes.

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Cauliflower is thought to have originated 2,000 years ago in the Mediterranean or Asia.

The head of the cauliflower, made up of white edible flower buds, is sometimes called the “curd”.

California produces 90% of the cauliflower grown in the United States.

The green leaves surrounding the cauliflower head keep the flower buds from getting sunlight. The lack of sunlight prevents the development of chlorophyll, resulting in the white color.

Cauliflower varieties are not all white; they can be green, orange and purple.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- Cauliflower is a cool season crop that does not tolerate temperatures that are too hot or too cold.
- Varieties of white cauliflower that grow in Georgia include Snow Crown and Imperial.
- Cauliflower is ready to harvest about 60-75 days after planting.
- Cauliflower needs 6-8 hours of sunlight daily.

Source: 1. [Growing Cauliflower – UGA CAES. February 2015.](#)

Georgia Department of Education School Nutrition Program

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