

CAULIFLOWER

FAST FACTS

- Cauliflower is a type of cruciferous vegetable
- It is a form of cabbage and part of the mustard family
- Cauliflower is a cool-season vegetable that requires plenty of sun and is best harvested in the spring when the high temp. is less than 75°F
- The edible flower buds and stalks of the cauliflower plant are what we consume



IMPORTANT NUTRIENTS

- **Fiber** – good for your gut and heart
- **Vitamin K** – helps your blood clot
- **Vitamin C** – helps with wound healing
- **Folic acid** – involved in new cell creation
- **Glucosinolates** – sulfur-containing phytonutrients that provide a variety of health benefits

SELECTION & STORAGE

Look for large, firm, and creamy white color with densely packed florets that are free of blemishes, browning, or wet spots.

Store cauliflower, unwashed, in loose or perforated plastic bags in the vegetable crisper of the refrigerator. Store for up to 3-5 days.

IDEAS FOR SERVING

- Enjoy raw on its own or with a low-fat dip
- Steam or roast cauliflower as a side dish and season with spices to add additional flavor
- Incorporate cauliflower into a main dish such as a salad, pasta, or stir-fry
- Mash or finely chop the cauliflower to mimic mashed potatoes or rice



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ACTIVITIES

Five Senses Fun!

Use your five senses to describe how cauliflower looks, feels, tastes, sounds, and smells.

Veggie Math

Count as many of the flower bud clusters on your individual cauliflower floret as you can. How high did you get?

Compare & Contrast

Make a list of similarities and a list of differences between cauliflower and another vegetable. Are there more similarities or differences?

Story

Write a story about the first cauliflower seed that traveled from the Mediterranean to the United States. Share with the class!

Write a Recipe

Invent a new recipe that includes cauliflower as one of the ingredients.

Watch a Video

Find and watch a video online that shows how cauliflower is grown, harvested, and distributed in the United States.

CHECK FOR UNDERSTANDING

What are examples of other cruciferous vegetables?

Describe the steps you would take to grow cauliflower at home.

Why is eating cauliflower good for your health?

What should you look for when selecting cauliflower at the store?

What is your favorite way to eat cauliflower?

REFERENCES

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