

How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

Orange Cauliflower

Cauliflower grows best in cool climates. In Arizona, the cauliflower season is from January until April and November through December. It is available in white, purple, orange, and green varieties.

Examples:



Cauliflower Salad



Giardiniera



Sweet & Spicy Cauliflower



Cauliflower Mac 'n' Cheese



Kashmiri



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Tip!

Consider using Multi-Color Cauliflower (#18B41 - CAULIFLOWER FR MULTI-COLOR 6-8CT 8 LB CS) from DoD Fresh.