Cauliflower

Background:
A cruciferous vegetable available year-round and can be prepared a variety of ways
Pairs well with strong flavors like cumin, basil, mustard, thyme, and turmeric
Comes in many different varieties with colors like green, orange, and purple in addition to the well-known white color
Said to have originated in ancient Asia and to have been a staple in King Louis XIV’s court in the 16th century
Although introduced to North America in the 1800s, was not commercially available until the 1920s

Nutritional Value:
Very good source of fiber, vitamin C, vitamin A, folate, and omega-3 fatty acids
High in glucosinolates, compounds that help prevent cancer and give off the sulfurous smell when cooking
Low in calories but high in fiber, helps weight loss by keeping you full and reducing constipation
Contains sulforaphane which helps protect eye health and reduce blindness, cataracts, and macular degeneration
Cauliflower

**How to SHOP:**
Choose cauliflower that has a creamy white color with densely packed florets free of blemishes, brown spots, or wet spots. Avoid cauliflower that has a strong smell.

If the leaves are still attached, they should be vibrantly colored and fresh

Cauliflower is available year-round, although its peak season is fall

**How to GROW:**
Cauliflower grows best in fertile soil that is constantly moist.

Plant cauliflower seeds up to 1/2” deep and 3-6” apart

Cauliflower requires consistently cool temperatures to grow, preferably around 60°F, and at least 6 hours of sun a day

After the head is around 2-3” in diameter, begin the *blanching* process by gathering the longest leaves together and securing with a rubber band. This shading keeps the cauliflower head white and takes about 8-12 days until ready for harvest

**How to STORE:**
Store cauliflower head in a plastic bag in the refrigerator for up to one week

For long-term storage, freeze or pickle cauliflower heads