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.
Cauliflower Mash

INGREDIENTS:

1 head cauliflower
3 cloves garlic
1 Tbsp. olive oil
3 Tbsp. sour cream

1 tsp. oregano
1 tsp. thyme
1 Tbsp. chives
Salt & pepper, to taste

DIRECTIONS:

Mince garlic, chop chives.

In medium pot, boil enough water to cover cauliflower. Chop cauliflower into quarters, cover, and boil about 10 minutes.

Heat oil in small skillet over medium heat; cook garlic about 2 minutes.

Drain cauliflower and add to food processor.

Add olive oil, garlic, sour cream, oregano, and thyme. Taste and add salt & pepper as desired.

Garnish with chives.

HELPFUL TIPS:

For a creamier texture, use cream cheese in place of sour cream.

You can also use a stick blender after draining the cauliflower instead of transferring to a food processor.

Make sure to drain all excess water after boiling to ensure a thicker consistency.
### Riced Sriracha Lime Cauliflower

**INGREDIENTS:**

- 1 head cauliflower
- 1 can black beans
- 1 Tbsp. lime juice
- 1 Tbsp. olive oil
- 1 tsp. sriracha
- 1 tsp. cumin
- Salt & pepper, to taste

**DIRECTIONS:**

Cut head of cauliflower into quarters.

Put cauliflower in food processor w/ grater attachment and grate cauliflower into the size of rice.

Remove excess moisture by patting down with paper towel.

Heat skillet with olive oil over medium heat.

Add riced cauliflower and cumin to pan. Cook 3-4 minutes.

Drain black beans and add to skillet. Add lime and sriracha. Cook another 5 min. Add salt & pepper to taste.

**HELPFUL TIPS:**

You can serve this dish on a tortilla with other favorite vegetables for a fresh take on your normal taco.

Use a box grater to rice the cauliflower if you don’t have a food processor, or purchase pre-riced cauliflower if in a time pinch.
Cauliflower & Potato Aloo Gobi

INGREDIENTS:
1 head cauliflower 1 Tbsp. fresh grated ginger
3 small potatoes 2 tsp. turmeric
1 large onion 2 tsp. garam masala
16 oz. can diced tomatoes 1 tsp. salt & pepper
2 Tbsp. vegetable oil

DIRECTIONS:
Chop cauliflower, potatoes, and onion into bite-size pieces.
Add oil to skillet over medium heat. Add onion and cook 2-3 minutes.
Stir in turmeric, garam masala, ginger, and tomatoes.
Add potatoes and cauliflower to the sauce and mix thoroughly.
Cover and simmer for 20 minutes.

HELPFUL TIPS:
Experiment with different flavors by adding more seasonings such as coriander and garlic.
If the pan seems to be sticking, you can add a little water with the tomatoes.