

# Cauliflower

Cauliflower is a vegetable that grows as clusters of flower buds, called florets, on a stem. The heads of cauliflower should be harvested before the flowers open. Cauliflower is a member of the cabbage family and a close relative of broccoli. Most cauliflower is white, but there are variations that are purple or orange.



## WHY SHOULD I EAT THIS?

Cauliflower has vitamin C, which helps heal cuts and wounds. It also has folate, which is important for women who are pregnant, as it plays an important role in preventing birth defects.

## MAKE A GOOD SELECTION

Select cauliflower that has a bright color without brown spots or any other discoloration.

## PROPER STORAGE

Store unwashed cauliflower in a plastic bag in the refrigerator for up to 5 days.

## WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b> 							X	X	X	X		
<b>MARKET</b> 							X	X	X	X		

Source(s): Nebraska Buy Fresh Buy Local and SNAP-Ed Connection

## HOW COULD I USE THIS?

- Add raw or cooked cauliflower to a salad
- Eat raw cauliflower with dip
- Rice cauliflower with a food processor, steam and serve as a side dish
- Add cauliflower to soup or stew
- Add to an omelet
- Boil, steam, roast or microwave cauliflower for a side dish
- Add to a pasta dish or pasta salad
- Add cauliflower to a stir-fry
- Add to a casserole
- Purée cooked cauliflower and serve as a side