

# Cauliflower

## Nebraska Seasonal Produce Guide



**EXTENSION**

Health & Wellbeing

Cauliflower is a vegetable that grows as clusters of flower buds, called florets. 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 some varieties 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.



### Proper Storage

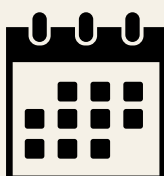
Store unwashed cauliflower in a plastic bag in the refrigerator for up to five days.

### Make a Good Selection

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

### 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
- 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



### Seasonal Availability in Nebraska

**Harvest Season:** July through October

**Market Availability:** July through October



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