

# — CAULIFLOWER —

## What are they?

- Cauliflower is one of several vegetables in the Brassica family that also includes cabbage, Brussels sprouts, kale, broccoli and collard greens.
- Typically, only the head, the white curd, is eaten, while the stalk and surrounding thick, green leaves are used in vegetable broth or discarded.
- Cauliflower has a whitish cream color because the leaves that surround it during its growing period protect it from the sun, which prevents it from turning green.
- There are many varieties of cauliflower including orange cauliflower, purple cauliflower, and broccoflower.



## When are they available?

- Harvested locally in September and October.
- Can be bought year-round due to the moderate climates and rich soil in other areas of the United States.

## What's so cool about them?

- Most of the world's cauliflower is grown in China, while most of the cauliflower grown in the U.S. comes from California.
- Purple cauliflower gets its beautiful hue, which can vary from pale to jewel-toned, from the presence of the antioxidant anthocyanin, which is also found in red cabbage and red wine.
- Orange cauliflower was first discovered in Canada in 1970, although it took years of crossbreeding before it was widely available. The color comes from a genetic mutation that allows the plant to hold more beta carotene. It also contains about 25% more vitamin A than white cauliflower.



## Why should I eat them?

- Very low in calories, only 25 calories in 1 cup of raw cauliflower. It's also high in Vitamin C which is important for skin health and wound healing.

