

# CAULIFLOWER



RUSSIAN

**цветная капуста**  
**(цветная капуста)**

SPANISH

**coliflor**

VIETNAMESE

**cải hoa**

Look at this cauliflower! It is cut in half so that we can see the inside and outside. See all of the florets? These florets make up the head of the cauliflower. Cauliflower is delicious to eat. Who has tried cauliflower? What did it taste like? We can eat cauliflower raw or cooked. We can steam cut up cauliflower and mix it with steamed broccoli and carrots to make a yummy side dish. We can also stir fry cauliflower by cooking it in a big, round pan called a “wok.”

# How does **CAULIFLOWER** grow?



# How does **CAULIFLOWER** grow?

Cauliflowers grow from seeds, and they need sunlight and lots of water to grow. Cauliflower florets grow close together in a flower or treelike shape and form a head (point to the cauliflower florets)! Cauliflower roots grow under the ground. Cauliflower leaves and florets grow above the ground. We don't eat cauliflower roots, but we eat cauliflower florets! When cauliflower heads grow to the same size as your head, we cut them from their roots and take them home to eat.

What other vegetables grow above the ground?

**SAME BUT DIFFERENT  
CAULIFLOWER**



**White**



**Purple**



**Orange (Cheddar)**

There are different kinds of cauliflower. Here are 3 kinds (point to each one as you say the name):

1. White Cauliflower
2. Purple Cauliflower
3. Orange (Cheddar) Cauliflower

You can grow different kinds of cauliflower in a garden. Farmers can grow different kinds of cauliflower on their farms, too. Cauliflower comes in different colors, shapes, and sizes!

What colors do you see?

How is the cauliflower the same?

How is the cauliflower different?

Which is the purple cauliflower?

Which is the white cauliflower?





**White**





**Orange (Cheddar)**





**Purple**