

CAULIFLOWER

Spanish: coliflor **Russian:** cvetnaya kapusta (цветная капуста) **Vietnamese:** cải hoa

Originally from Asia and the Mediterranean, cauliflower became popular in Western Europe during the 16th century. Cauliflower, a wild descendant of ancient cabbage, means “cabbage flower” in Latin. A large edible flower, the head of cauliflower is actually called a “curd” made of undeveloped flower buds. Cauliflower can be found in a variety of colors, including purple, white, green and orange.

FIND OUT MORE:

<http://healthymeals.nal.usda.gov>



FROM SEED TO PLATE



Cauliflower is in the brassica family along with cabbage. Cauliflower is an annual vegetable that need to be replanted with each growing season.

FIND OUT MORE:

<http://www.ces.ncsu.edu/depts/hort/hil/hil-8513.html>

DID YOU KNOW?

One serving of Cauliflower provides 100%
of your daily recommended vitamin C!

IN THE GARDEN

Cauliflower is easy to grow and best started from starts, rather than seed.



SUN: Can tolerate half sun conditions and cooler temperatures.



WATER: Cauliflower requires consistent soil moisture for full development – make sure to water on especially hot and dry days.



SOIL: Cauliflower grows best in fertile, well-drained soil with high organic matter content.



STARTS/TRANSPLANTS: Cauliflower will be the easiest to grow from starts or transplants rather than seeds. Purchase started cauliflower from your local nursery. If you choose to create your own starts, plant your seeds indoors in early spring. Give seeds about 5-6 weeks to grow healthy and sturdy stalks.



PLANT: Bring your starts into the garden in late spring when temperatures are above 50F.



SPACE: Plant transplants in a row about 18 -24 inches apart. Rows should be about 24 - 30 inches apart. Cauliflower plants like and need space.



CARE: Give each plant about 1 inch of water per week, more if weather becomes dry.



HARVEST: Your cauliflower plants should form nice curds or heads and can be harvested July – November.

STORAGE AND HANDLING

- Highly perishable, best to store in wrapped plastic in the refrigerator.
- When choosing cauliflower already wrapped in plastic, make sure there are no small bugs.
- Choose cauliflower heads that are tight and firmly held together.
- After cutting or breaking the cauliflower heads into smaller pieces (florets) make sure to thoroughly wash or soak in water.
- Avoid cauliflower that is turning brown.

FIND OUT MORE:

<http://nwrec.hort.oregonstate.edu/cauliflower.html>

IN THE KITCHEN

Cauliflower is easy to find year round and can be healthy side or main dishes. It can be steamed, roasted or eaten raw. Try mashing steamed cauliflower with potatoes to add variety to mashed potatoes. You can also make cauliflower soup to keep your family warm in the winter!

Try the classroom recipe at home, with this family-size version:

ROASTED CAULIFLOWER

Serves 6

**Adapted from Yvonne Nickels in What's Cookin' II*

INGREDIENTS

1-2 large Cauliflower head (2-2½ lbs.)

½ tsp. Salt

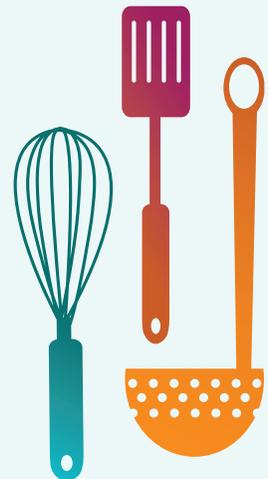
½ tsp. Pepper

1 Tbsp. Olive Oil

Optional: 1–2 teaspoon of Turmeric, Cumin or Coriander can be used in any combination or on their own.

DIRECTIONS

1. Preheat the oven or toaster oven to 400 degrees.
2. Wash or soak cauliflower in water. Cut or tear apart the florets.
3. Toss them with the olive oil, salt and pepper, and spices, if you choose.
4. Place the floret pieces on a baking sheet and roast for 20-30 minutes. The florets should be soft and slightly browned.
5. Serve warm.



FAMILY CONNECTIONS

The family newsletter for cauliflower can be sent home at the beginning of the month. The newsletter is available in English, Spanish, and Russian. Print the first page only, or add photos and stories to the second page and print both sides for families.



GET PARENTS' ATTENTION!

- Attach the newsletter to the child by taping a string of yarn to the paper and making a newsletter “necklace” or by pinning the newsletter to an article of clothing.
- Attach the newsletter to a drawing or other piece of artwork created by the child
- Get a set of “Ask me about ____” stickers or nametags, or use blank nametag stickers to draw attention to the fruit or vegetable of the month. Send each child home with an “Ask me about cauliflower!” sticker for the cauliflower month.
- Offer tastes of the recipe of the month at a parent meeting, or when parents pick up their children from your site.

CAULIFLOWER VARIETIES

White • Orange • Purple



ABOUT HARVEST FOR HEALTHY KIDS

Harvest for Healthy Kids is a nutrition program designed to introduce children to a wide variety of fruits and vegetables through their meals and snacks and classroom activities. Monthly family newsletters engage families as partners in helping children to develop healthy eating habits. Harvest for Healthy Kids is a partnership between Mt. Hood Community College Head Start and the School of Community Health at Portland State University.