



CAULIFLOWER!

This month, we are learning all about cauliflower. Cauliflower is in the same family as Cabbage, which we have already learned about! Cauliflower is in season during the summer months and can be found September – November and sometimes in the spring. Due to the popularity of this vegetable, Cauliflower can be found year round in most grocery stores. You can prepare cauliflower many ways. It can be steamed, roasted and blended into soups. Add variety by using white, orange or purple cauliflower!

CLASS RECIPE - TRY IT AT HOME!

★ PRODUCE TIPS

- Choose cauliflower that has tight florets and is not brown in color.
- Store cauliflower in a plastic bag in the refrigerator.
- Look out for small bugs in your cauliflower. If found, simply soak in water to wash them away.
- Before slicing, remove leaves.
- Try white, orange and purple cauliflower!



KIDS CAN COOK: CAULIFLOWER

Kids can help prepare cauliflower by:

- Washing the cauliflower
- Using hands to break up the florets
- Tossing the florets with oil and spices, using a large spoon or clean hands

ROASTED CAULIFLOWER

SERVES 4

1 large Cauliflower (1-1½ lbs.)
½ teaspoon salt
½ teaspoon pepper
1 Tbsp. olive oil

Optional: 1 teaspoon 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 the 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.