



# CAULIFLOWER



Cauliflower is a vegetable in the same family as broccoli, brussels sprouts, and cabbage. Cauliflower is composed of edible flower buds.

## NUTRITIONAL INFORMATION

- Cauliflower is high in vitamins and minerals but low in calories.
- Cauliflower is a high fiber vegetable. This supports healthy digestion.
- Cauliflower is high in vitamin C. This works to improve your immune system!

## HOW TO STORE

- It is best to store cauliflower in a cold moist place
- Wrap unwashed head of cauliflower in moist paper towel and store in the refrigerator for two to 4 weeks
- You may also freeze cauliflower for longer storage by breaking into pieces before freezing.

## HOW TO PREPARE

- Pull the leaves off the base of the cauliflower.
- Cut whole head of cauliflower in half (this makes cutting easier)
- Cut florets off of the base into medium size pieces
- Wash cauliflower florets after cutting to ensure all dirt is removed
- You can eat cauliflower raw, steamed, or baked.

## FUN FACTS

- The word "cauliflower" derives from the Italian word "cabbage flower."
- Cauliflower originates from Asia Minor and can grow 8-30 inches height and width.



Scan this code to view on the web.