

Fruit & Vegetable facts

Materials to inspire your USDA Fresh Fruit & Vegetable Program

— CAULIFLOWER —

Cauliflower is a cruciferous dense *cabbage flower* or flower-vegetable. It is a cool-season vegetable, high in fiber and low in sugar. Most commonly white, it can also be green, yellow and purple, and can be steamed, boiled or roasted.

HISTORY

Cauliflower has evolved from the cabbage flower. It was native to Asia Minor and originally resembled collards or kale. Hearty flowers were selected until they became their own vegetable variety. Cauliflower eventually became a staple vegetable prepared in the Mediterranean region, mostly Italy and Turkey. It reached France in the mid-16th century, spreading through Europe and into the New World.

BOTANICAL FACTS

The name Cauliflower literally means “stalk-flower.” It is in the Brassica family, along with cabbage, kale, brussels sprouts, broccoli, and collard greens. Its compact flower head is known as a “curd” and averages 6-10 inches diameter at harvest. Cauliflower is more finicky than its cabbage-family counterparts, needing to be transplanted after any threat of frost, with no major disturbances during growing season.

Spotlight on....



**White
Cauliflower**



**Purple
Cauliflower**



**Orange
Cauliflower**



Romanesco

More about.. CAULIFLOWER

More Facts



- Originated in Asia Minor
- Cultivated from the flower of cabbage
- White cauliflower heads lack color because of undeveloped chlorophyll.
- Spring, summer, and winter varieties of cauliflower differ according to their time of harvest.
- The largest producers of cauliflower are China and India, with Italy, France, and Spain following.

Preparing & Cooking Cauliflower

- Rinse florets under cool water, pat dry. Remove tough stems and leaves, trim florets leaving desired stem length.
- Cauliflower can be steamed or boiled for a few minutes, until tender. Be cautious not to overcook as it makes the cauliflower soggy and crumbly.
- Try roasting: Trim florets into desired size, drizzle with olive oil. Place in oven at 500°F for 15 minutes, stirring occasionally. Cauliflower can be seasoned with salt, pepper, garlic, and lemon juice before roasting for desired flavor.



 See RECIPES section on our website for recipe ideas

Nutrition Facts

Cauliflower contains phytonutrients that help prevent prostate, ovarian, and cervical cancers. Orange cauliflower provides beta-carotene, a precursor to vitamin A, which is anti-carcinogenic. Purple cauliflower is rich in tannins that help to bind proteins and improve healing. Cauliflower is a good source of vitamin B's, C, and K, as well as manganese, copper, iron, calcium, and potassium. It is low in calories and high in dietary fiber.

Nutrition Facts

Serving Size 1/6 medium head (99g)

Amount Per Serving			
Calories 25		Calories from Fat 0	
			% Daily Value*
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			0%
Cholesterol 0mg			0%
Sodium 30mg			1%
Total Carbohydrate 5g			2%
Dietary Fiber 2g			8%
Sugars 2g			
Protein 2g			
Vitamin A 0%		Vitamin C 100%	
Calcium 2%		Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	Carbohydrate	4	Protein 4

Storage

- Cauliflower can be stored in a plastic bag in the refrigerator for up to 7 days.
- Do not wash before storage. Ensure the crowns are dry.