

Cauliflower





Cauliflower

SHOPPER'S TIPS

- Look for heads that are white in color, firm, and compact.
- Avoid cauliflower with opened florets or brown patches.

FUN FACTS!

- Cauliflower came from Asia and the Mediterranean area about 2,000 years ago.
- Cauliflower is white because the head is covered by heavy green leaves that shield it from sunlight while it grows.

WHAT IS IN IT FOR YOU?

One cup of cauliflower florets is:

- An excellent source of vitamin C and vitamin K.
- A source of folate, vitamin B6, and fiber.

SERVING IDEAS

- Sauté cauliflower florets with Italian seasoning.
- Add cauliflower florets to pasta sauces.

PEAK SEASON

California grown varieties, available from mid-fall to early spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store cauliflower in an open plastic bag in the refrigerator for up to five days.