

MARCH – Featured Vegetable: CAULIFLOWER



WASH. BREAK. EAT.



(how easy is that?)



Hi, I'm Courtney Cauliflower. <sup>1</sup>

I'm excited to tell you all about cauliflower. So let's get going!

## Facts

My name means "cabbage flower" and I'm a member of the cabbage family.

Cabbage family vegetables include cabbage, broccoli, cauliflower, Brussels sprouts, kale, and bok choy.

## History

Cauliflower originated over 2,000 years ago in gardens of Asia Minor and the Mediterranean.

By the 16th Century, it was eaten throughout Western Europe.

Cauliflower has been important vegetable in the United States since 1920.

## Where Grown

Almost all cauliflower grown in the United States comes from the Salinas Valley of California.

Arizona, New York, Michigan, Oregon, Florida, Washington and Texas also grow some cauliflower.

Salinas Valley, CA is known as "the salad bowl of the world."

The Salinas Valley has a ten-month growing season with a moderate climate.

Deep, rich soil with an excellent underground water table makes this valley one of the most ideal places on Earth for growing top quality vegetables.

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Source: <sup>1</sup>Dole 5 A Day. [www.dole5aday.com](http://www.dole5aday.com)

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## Types

**Green Cauliflower** is a new variety, developed less than 10 years ago, that is a cross between white cauliflower and broccoli. Green Cauliflower has the physical appearance of cauliflower and the chlorophyll (green pigment) of broccoli.



**White Cauliflower** is the most popular variety and most widely eaten in the United States. It is a popular addition to any salad or meal.

## Nutrients

- High in vitamin C
- A cruciferous vegetable that contains phytochemicals (plant compounds) called indoles that may help prevent cancer