

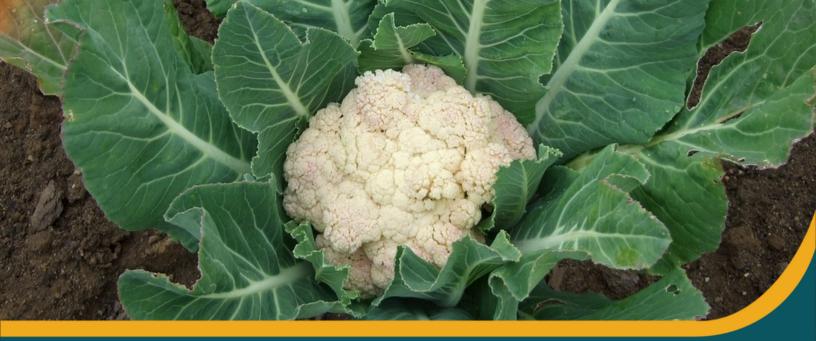
- Excellent source of vitamin C and potassium.
- Contains folate, vitamin K, and dietary fiber.

Selection and Storage

- Choose heads that are firm, compact with no brown spots or blemishes.
 Leaves should be fresh and green.
- Store cauliflower in a loose or perforated plastic bag in the refrigerator for up to 3-5 days.
- For longer storage, blanch and freeze cauliflower in airtight containers for up to 8-12 months.

Fun Facts

- Cauliflower is believed to have originated in the Mediterranean region near present-day Turkey and spread to India and Europe.
- Fresh cauliflower is available year-round but is typically in season locally from May through December in Washington.
- While white cauliflower is most common, it also comes in green, yellow, orange, and purple.
- When you eat cauliflower, you're eating a flower that hasn't bloomed yet!
- Cauliflower has been studied by NASA for potential growth in space due to its high nutritional value and the ability to grow in controlled environments.



Recipes

- <u>Bellingham School District's Chickpea Masala ICN</u>
- Barbacoa Beef Street Tacos with Cilantro Lime
 Cauliflower Rice ICN
- Corn, Potato, and Cauliflower Soup
- Roasted Cauliflower with Turmeric Vermont FEED
- Macaroni and Cheese ICN
- Honey Garlic Roasted Broccoli & Cauliflower State ICN
- Baked Cauliflower Tots Food Hero

Educational Resources

- Harvest For Healthy Kids has activity kits for a variety of produce items including Cauliflower. Activity kits include activity plans, picture cards in, teacher & family newsletters in English, Spanish and Russian, as well as recipes.
- Check out Food Hero's Harvest of the month resources for Cauliflower that include: <u>Cauliflower Basics Information Sheet (Spanish)</u>, <u>Cauliflower Coloring Sheet (Spanish)</u> and <u>Fun with Cauliflower activity</u>
- WA SNAP-Ed and Food Hero Growing Cauliflower in Washington: Gardening Tips (Spanish) (Russian)
- Seeds to Success Classroom Connections Cauliflower Grades PreK 12
- Vermont Harvest of the Month Lessons Broccoli and Cauliflower Grades K-4
- AZ Cauliflower Nutrition Lesson Plans –Grades PreK 8
- Montana Harvest of the Month Cauliflower: <u>Harvest at Home</u>, <u>Classroom Bites</u>, and Cafeteria Bites

For more ideas about what items you could feature as a Harvest of the month, visit <u>WSDA's</u> <u>Washington Grown Food & Recipe Kit and USDA's Seasonal Produce Guide</u>.

