

# CAULIFLOWER

## History

Cauliflower was brought to North America in the late 1600s. It belongs to the *Brassica* genus of vegetables, along with broccoli, kale, and brussels sprouts.

## Nutrition

Cauliflower is a great source of vitamin C and vitamin K, and is also rich in antioxidants, which help protect the cells in your body.

## Fun Fact

The heaviest cauliflower ever grown weighed over 60 pounds!



# Growing and Harvest



- Similar to broccoli, cauliflower is also a “cool-weather crop” and prefers temperatures consistently in the 60s for growing.
- Cauliflower typically produces only one cauliflower head per plant, unlike broccoli which can produce multiple heads.
- To maintain the creamy white color of the cauliflower head, it is important to “blanch” the leaves by tying them together over the cauliflower head to protect it from the sun.

# Activities



## Writing Activity:

Think back to when you tried broccoli at lunch at some point this school year. Broccoli and cauliflower are different vegetables in the same plant family.

- What do you notice about their differences?
- What about their similarities?
- Write down a few thoughts comparing broccoli and cauliflower.

