

PURPLE CAULIFLOWER



History

Purple cauliflower was discovered by chance in a crop of standard white cauliflower a few decades ago, and plants were selectively bred to recreate the purple cauliflower consistently.

Nutrition

Cauliflower is high in vitamin C, and purple cauliflower is also high in an antioxidant called anthocyanin. This comes from the purple coloring.

Fun Fact

The word “cauliflower” derives from the Italian “caoli fiori” which means “cabbage flower”.

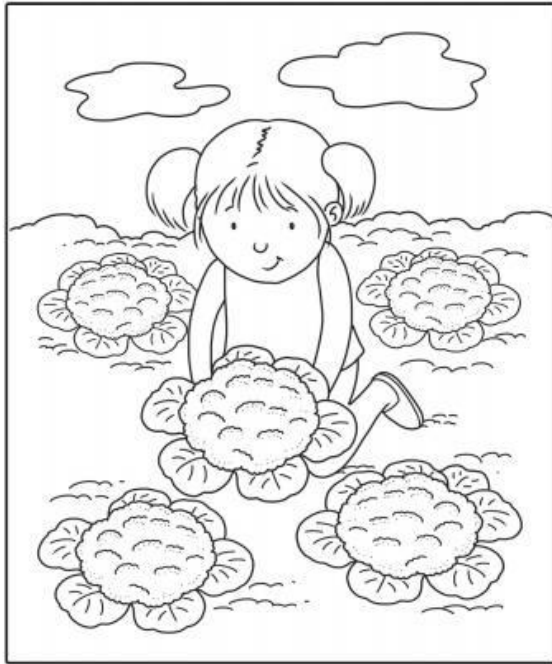
Growing and Harvest



- Purple cauliflower grows similarly to the standard white cauliflower. It grows as one head of cauliflower on a large plant stalk, surrounded by large green leaves.
- Unlike white cauliflower, the purple cauliflower plants do not require “blanching” to maintain the color of the head.
- Blanching is the process of tying together the leaves over the cauliflower head, to stop sun exposure and avoid discoloration.

Activities

.....Cauliflower.....



Make Half Your Plate

Fruits and Vegetables



Word Search Puzzle Vegetables

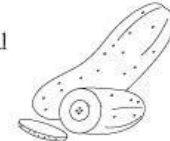
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Tomato



Brinjal



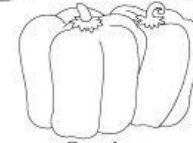
Cucumber



Carrot



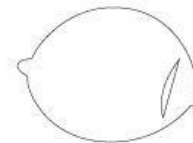
Cauliflower



Capsicum



Ginger



Lime



Mushroom



Onion