

# 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.