Cauliflower

What am I?

Cauliflower are a vegetable closely resembling broccoli. Cauliflower is white because its leaves shelter it from the sun, preventing the formation of chlorophyll. You can find purple, light green, and even yellow cauliflower.

How do I grow?

- Cauliflower grows well in cool seasons.
- It grows on the ground.
- In Wisconsin, cauliflower is in season July through October.

Nutrition Facts

Cauliflower is rich in vitamin C which is good for skin, healing, and gum health. It is a cruciferous vegetable which helps prevent colon cancer.

Fun Facts

- Cauliflower means “cabbage flower” because it is a flower that has not fully developed.
- Cauliflower is related to broccoli, Brussel sprouts, and cabbage.

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