



Cauliflower

Planting from Seed

When to start seeds indoors: 6-8 weeks before the spring frost date

Earliest date to transplant hardened off seedlings:

2 weeks before spring frost date

Days of Germination: 4-7 days (in optimal conditions)

Planting in the Garden

Recommended garden type and method: Transplants, field grown, hoop house, raised beds

Spacing: 18" apart and 24"-36" between rows

Companion Plants: Celery, beans, garlic

Harvesting

1 seed = 1 plant = 2 lb. head

Days to Harvest: From transplant 50-60 days

Directions: Harvest the whole head when they are compact and a useable size, but before the flower buds separate and become loose. Cut the head off above ground level and remove leaves around the head. Keep cold and moist. Use within 1 week.

Use in the Kitchen

Vegetable subgroup: Other

Preparation: Wash, cut florets from stem

Menu Planning Ideas: Steam, roast

Suggested Flavor Enhancers: Garlic, dill, parsley, lemon, curry powder



The Lifecycle of Farm to School

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