

C A U L I F L O W E R

Did you know...cauliflower can be eaten raw, cooked or pickled!

Did you know...cauliflower can grow from 8 to 30 inches in height AND weight!



The farming of cauliflower began 600 years B.C. in Turkey. America did not begin cultivating cauliflower until the beginning of the 20th Century.

Did you know...cauliflower is related to broccoli, cabbage, kale and brussels sprouts!

Cauliflower is full of:
Vitamin C, K, B6, folate, pantothenic acid, choline, fiber, manganese, phosphorus and so many more vitamins and minerals!

Over-cooking cauliflower can destroy some of the vitamins that it contains!