

OREGON CAULIFLOWER GROWN FOR SCHOOLS

Cauliflower leaves protect the cauliflower head from the sun. When white cauliflower is exposed to sunlight while growing, it can turn green!



NUTRIENTS FOUND IN CAULIFLOWER

- ~ Cauliflower is an excellent source of vitamin C, which helps maintain a healthy immune system.
- ~ Cauliflower is a good source of folate, a B vitamin that helps with the formation of red blood cells.
- ~ A diet rich in fiber-containing foods like cauliflower may help reduce the risk of cardiovascular disease, obesity, and type 2 diabetes.

Cauliflower is thought to have originated near what is now Turkey and spread east to India and west to Italy.



The name cauliflower means cabbage flower. This is because cauliflower is actually a flower that hasn't fully developed yet!



Although the most commonly used cauliflower in America is the large white type, there are also green, yellow, and even purple varieties!



The stem and leaves of the cauliflower plant have a strong flavor, but they can be used to make tasty vegetable broth!