



# Cauliflower

**Plant:** Cauliflower should be planted in rich organic soil during the cool-season as it likes temperatures in the 60's best. For the best crop, cauliflower should be planted in mid-summer and harvested in the fall. Typically, seeds should be planted 3-6" apart from each other and 30" away from the next row. They should be planted  $\frac{1}{2}$ " to  $\frac{3}{4}$ " deep into soil. For the best growth, cauliflower should be planted with mulch to keep the soil moist and cool.

**Grow:** To grow properly, cauliflower needs fertilizer in order to get enough magnesium. Cauliflower also needs adequate moisture and should be watered every 5 to 7 days. It is important though, not to overwater because that will cause stress to the plant.

**Harvest:** Cauliflower is ready for harvesting when their heads are about 6 inches in diameter and are white-clear in color. After harvesting the main head, little florets will be produced so that continual harvesting is possible.

## Nutrition Facts

Serving Size 1 cup (82g)

### Amount Per Serving

**Calories** 30      Calories from Fat 0

**% Daily Value\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 30mg      **1%**

**Total Carbohydrate** 5g      **2%**

Dietary Fiber 2g      **8%**

Sugars 2g

**Protein** 1g

Vitamin A 20%      •      Vitamin C 30%

Calcium 2%      •      Iron 0%

## Nutritional Information:

Cauliflower is very similar to broccoli in that it is high in vitamin C, which supports our immune system and aids in iron absorption. It is a good source of folate and potassium, which aids in blood pressure and fluid balance. It is also high in fiber, which is important in maintaining a healthy heart.

**How to Prepare:** Cauliflower can be cooked the same as broccoli. It can be boiled in salted water for 4-7 minutes or steamed 3-5 minutes. Other cooking methods include microwaving, sautéing, stir-frying, or mixed with other ingredients such as cheese, butter, herbs/spices, or just salt. Cauliflower can also be eaten raw with dips/salads. Freezing maintains cauliflower taste, color, and texture.



## Garlic Mashed Cauliflower

**Yields:** 1 ½ cups

**Serving size:** ½ cup

### **Ingredients**

- 3 cups fresh or frozen cauliflower
- 1 garlic clove
- 1 Tbsp olive oil
- 2 Tbsp skim milk
- a dash of salt and pepper

### **Preparation**

1. Mince garlic clove.
2. Place a large skillet/frying pan on stove top, turn heat to medium-high.
3. Pour olive oil into pan and sauté garlic until golden.
4. Add cauliflower and sauté until tender.
5. Once cauliflower is soft, turn off heat and place cauliflower into mix bowl. Add milk, salt, and pepper.
6. Mash altogether with hand masher until smooth with small lumps.
7. Serve in ½ cup portions.

### **Nutrition Facts per Serving:**

70 calories, 5 g fat, 6 g carbohydrates, 1 g fiber, 3 g protein