

Produce of the Month

Cauliflower



Nutritional Information

- 🥬 1 serving (raw) has 15 calories and 0 grams of fat
- 🥬 It's a great source of Vitamin C, Vitamin K, folate and fiber
- 🥬 Cauliflower plays a role in reducing risk of some cancers
- 🥬 It's full of antioxidants that help keep you young and healthy
- 🥬 Cooking > 30 minutes reduced health benefits by 75%

Cooking Suggestions

- 🥬 Cauliflower can be eaten raw or cooked by microwave, steaming or stir fry
- 🥬 Try adding celery when boiling to reduce odor
- 🥬 If you don't like white cauliflower, try orange
- 🥬 Creamy mashed cauliflower can substitute mashed potatoes
- 🥬 Roasted cauliflower is light, crunchy and easy to season to taste

Selecting & Storing

- 🥬 Choose cauliflower that is **dense, heavy** and has a **satiny stem**
- 🥬 Avoid cauliflower with dark spots, mildew or leaves that are not green and fresh
- 🥬 Start by washing cauliflower and removing it from the stem
- 🥬 Wait until using it to wash it
- 🥬 Store **refrigerated 5 to 7 days** in a perforated plastic bag
- 🥬 Frozen cauliflower is useful for some recipes but changes the texture

Fun Facts

- 🥬 Green cauliflower is called broccoflower because it looks like broccoli
- 🥬 Cauliflower comes in purple, green, orange and white!
 - Purple is healthier
 - Orange is sweeter
 - Green can have pointy tips

Manchester's Message for a Healthier You

9

5

2

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0

9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

For more information visit: <http://95210.townofmanchester.org/> For more ideas, see: <http://townesharvest.montana.edu/documents/Cauliflower.pdf>