

# Cauliflower



## Selecting

Cauliflower is available in 4 colours – white, orange, green and purple – but white is the most popular.

When buying, look for heads that are white, firm and heavy for their size with no marks on the florets or leaves. The leaves should be crisp, bright and green.

## Storing

Store cauliflower in the fridge in the perforated plastic bag it usually comes in when you purchase it. If the cauliflower you purchase happens to be un-bagged, you will need to wrap it in plastic to store. Be sure to perforate the plastic wrap.

Cauliflower will keep for about 5 days but use as soon after you purchase as you can. Whole cauliflower keeps better than cut cauliflower.

## Preparing

First cut off the other leaves. You can use these leaves in soups or stocks. Turn the cauliflower upside down and cut the stem just above where the florets join together. Break off the florets into similarly sized pieces to ensure even cooking.

You can steam, sauté, boil, microwave, bake or roast cauliflower. To keep the florets white, cook in

water with a tablespoon of lemon juice or milk. Cook just until tender.

## Eating

Cauliflower is very versatile and is good raw or cooked, and works well with all sorts of spices and herbs. It can even be used cleverly as a substitute for mashed potatoes in some casseroles, like Sheppard's Pie.

## Seasonality

Locally grown cauliflower is available from June to November but you are able to purchase it all year long in the supermarket.

## Nutrition

A half cup of raw cauliflower has 55 calories. Cauliflower is an excellent source of Vitamin C and a good source of folate.

Cauliflower is a cruciferous vegetable and contains many phytochemicals that help lower the risk of certain types of cancer and heart disease.



**Here is good recipe for Chunky Roasted Vegetable Soup that roasts the vegetables for maximum flavour. It's a great way to get 'half you plate' with veggies and fruit.**

[www.halfyourplate.ca/recipe/chunky-roasted-vegetable-soup/](http://www.halfyourplate.ca/recipe/chunky-roasted-vegetable-soup/)

