
Selection

In the early stages, cauliflower looks like broccoli, which is its closest relative. While broccoli opens outward to sprout bunches of green florets, cauliflower forms a compact head of undeveloped white flower buds.

Cauliflower is available year round but is more plentiful in the fall.

Select cauliflower heads that have little to no damage on the florets.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Wash produce before you use it, not when you bring it home. If you wash produce before storage it will spoil faster.
- ◆ Pre-cut or pre-washed produce in open bags should be washed before using.
- ◆ Keep produce and meats away from each other in the refrigerator.

Why Buy Local?

- ◆ Buying local keeps farmers on the land and producing food for everyone.
- ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
- ◆ You are making a healthy choice for you and your family.
- ◆ Buying local lets you see and meet the people who produce our food.



FOR MORE INFORMATION...

Contact your local Extension office:

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Veggie Bites



Cauliflower Coliflor

Uses

Cauliflower can be eaten raw or cooked.

Steam or microwave, instead of boiling, to better preserve its vitamin content.



Microwave Cauliflower & Pease in Cream Sauce

Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ High in Vitamin C
- ◆ High in Folate
- ◆ High in Fiber
- ◆ Good source of Complex Carbohydrates

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Try It!

Microwave Cauliflower & Peas in Cream Sauce

INGREDIENTS

1/4 cup	Onion, chopped
1 1/2 tsp.	Butter or margarine
1 Tbsp.	All-purpose flour
1/2 cup	Skim or 2% milk
1 Tbsp.	Pimiento, chopped
1/2 tsp.	Parsley flakes
1/2 tsp.	Chicken bouillon granules
1/8 tsp.	Salt
1 dash	Pepper
2 cups	Cauliflower, chopped
1 cup	Fresh or frozen peas
2 Tbsp.	Water

INSTRUCTIONS

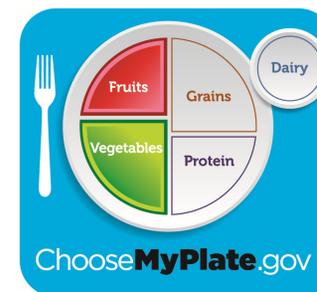
1. Combine cauliflower, peas and water in 1-quart casserole. Cover. Microwave at high 6 to 8 minutes, or until fork tender, stirring after half the time. Let stand, covered.
2. Place onion and butter or margarine in 2-cup measure. Microwave at High 1 to 1 1/2 minutes, or until onion is tender.
3. Stir in flour. Microwave a few seconds until flour mixture starts to bubble. Add remaining ingredients. Microwave at High 1 1/2 to 2 minutes, or until thickened, stirring every minute.
4. Drain vegetables. (Freeze drained liquid for use in soups later.) Pour

sauce over vegetables and stir to coat.

Yield: 6 Servings

Options: Vegetables may be boiled or steamed and sauce prepared on top of a range if a microwave is not available.

Recipe Source: North Dakota State University Extension Service



History & Fun Facts

The cauliflower originated over 2,000 years ago in the Mediterranean and Asia Minor region. Almost all cauliflower grown in the United States comes from California.

There are two types of cauliflower. The first is a creamy white which is more popular in the United States. The second kind is a cauliflower-broccoli hybrid which was recently developed. This type of cauliflower looks like broccoli.