

Colossal Cauliflower



Did You Know?

- Mark Twain said that cauliflower is “nothing but a cabbage with a college education”.
- Cauliflower originated over 2,000 years ago in gardens of Asia Minor and the Mediterranean. By the 16th Century, it was eaten throughout Western Europe.
- Cauliflower means “Cabbage Flower”
- Cauliflower is an excellent source of Vitamin C

Nutrition Chart

Cauliflower (99g) 3.5 oz.

Calories	25
Total fat (g)	0
Saturated fat (g)	0
Cholesterol (mg)	0
Dietary fiber (g)	2
Protein (g)	2
Carbohydrate (g)	5
Vitamin C	100%
Calcium	2%
Iron	2%

Cauliflower Questions

1. What color, besides white, can a cauliflower be grown?
 - a. Red
 - b. Purple
 - c. Yellow
 - d. Green
2. The head of the cauliflower is called the:
 - a. Brains
 - b. Knobbies
 - c. Rough
 - d. Curd

Is Cruciferous Good For Us?

- **Cruciferous** vegetables were named for their cross shaped flowers.
- All of the cabbage family vegetables are **cruciferous** vegetables.
- Scientists believe that **cruciferous** vegetables are very important to our health.
- They contain natural substances that may reduce our risk of some types of cancer.
- Health authorities recommend we eat **cruciferous** vegetables 2-3 times a week!

