



Cauliflower

Brassica oleracea

Nutrition Facts

- Cauliflower contains 77% of the recommended daily amount of Vitamin C.
- White cauliflower is most commonly seen, but colors can range from orange, green, red and purple.
- Cauliflower contains potassium which helps organs, tissue and the brain function well.

Planting

Plant 3/20-4/20

(Guidelines for planting in raised beds)

Transplants: Plant 15-18" apart in rows spaced 15-18" apart.

Seeds: We do not recommend starting cauliflower plants from seed outdoors. However, cauliflower seeds may be started indoors under lights 5 to 7 weeks before the outdoor planting date.

Harvest & Storage

Use a sharp knife to cut cauliflower once the head has reached the desired size.

Cauliflower will start to go to seed as soon as daytime temperatures start to reach 80 degrees. Make sure to harvest your cauliflower before this point. Cauliflower can be stored in the refrigerator for up to two weeks.

Care

Plants: Water when the top one inch of soil dries out and mulch with cotton burr compost or straw. Keep an eye out for cabbage loopers, small green caterpillars that chew through the leaves of cauliflower plants. In order to control these pests, apply organic Dipel Dust to the plants.

Recipe

Wash all vegetables before using

Southwest Flowers

Cauliflower head cut into florets
8 ounces plain yogurt
Chives
Cilantro
1/4 teaspoon onion powder
1/8 teaspoon garlic powder
1 teaspoon lemon juice

Finely chop the chives and cilantro and add to a medium bowl along with the yogurt, lemon juice and the dry ingredients. Season to taste, mixing all together. Dip the florets into the yogurt mixture and enjoy!



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