

# Free Workshops

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Did you know? KCCG offers 40+ free gardening and cooking workshops each year. With topics ranging from an introduction to vegetable gardening to tips and tricks for pest management and cooking demonstrations with fresh garden produce, we welcome everyone from beginner gardeners to seasoned pros.

**See the schedule and register at:**  
**[kccg.org/workshops](http://kccg.org/workshops)**

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# Online Resources

KCCG's website offers guide sheets on a wealth of gardening topics, including watering, fertilizing, pest management and more!

**Find them at**  
**[kccg.org/gardening-guidesheets](http://kccg.org/gardening-guidesheets)**

Our vast library of online videos can help you with most anything including planting, maintenance, harvesting, and cooking.

**Find them at**  
**[kccg.org/how-to-videos](http://kccg.org/how-to-videos)**

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# Together We Grow

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KCCG provides seeds, plants, resources and education that help more than 42,000 households to grow more than 1.5 million pounds of healthy food each year.

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**@KansasCityCommunityGardens**



**@kcccommunitygardens**



**[www.kccg.org](http://www.kccg.org)**



**816.931.3877**



**[contact@kccg.org](mailto:contact@kccg.org)**



**6917 Kensington Ave**  
**Kansas City, MO 64132**

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# Volunteer

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Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

To join the fun, visit  
**[www.kccg.org/volunteer](http://www.kccg.org/volunteer)**

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# Growing Cauliflower

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# KCCG's Varieties

**Snow Crown** - 50 days  
Well rounded solid white heads average 2 lbs. a piece and measure up to 7.5" across with good depth. Plants are vigorous and very uniform in size. (hybrid)

## **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, seeds may be started indoors under lights 5 to 7 weeks before the outdoor planting date.

## **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.

## **Harvest:**

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.

## **Storage:**

Cauliflower can be stored in the refrigerator for up to two weeks.

## **Nutritional 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.