

Pick a better snack™



Cauliflower

In its 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 are vegetables which grow as flowers on plants.

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.

Cauliflower, or "cabbage flower," is a member of the cabbage family, which may help prevent certain types of cancer. Cauliflower is available year-round but is more plentiful in the fall.

VARIETIES

There are two types of cauliflower:

- creamy white — more popular in the United States
- cauliflower-broccoli hybrid — recently developed, this type of cauliflower looks like broccoli.



NUTRITION FACTS

- Fat free
- Cholesterol free
- High in vitamin C
- High in folate
- High in fiber
- Good source of complex carbohydrates

USES

Cauliflower can be eaten raw or cooked. Steam or microwave, instead of boiling, to better preserve its vitamin content.

Cauliflower is grown in Iowa.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.

