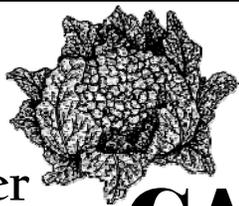


Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

Local Season-
November
thru May



CAULIFLOWER

Cauliflower is a cruciferous vegetable. Members of this family have been associated with reducing the risk of cancer. As the cauliflower grows, the head or “curd” of the vegetable is surrounded by its heavy green leaves called “jacket leaves”. These protect the head from sunlight, so the flower buds do not develop chlorophyll, and stay white. Cauliflower is generally sold with most of the jacket leaves removed.

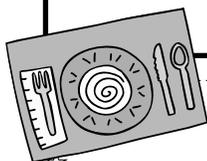
Nutrition Benefits

Cauliflower are:

- ◆ Low in fat
- ◆ Low in sodium
- ◆ Good source of fiber
- ◆ Good source of vitamin C
- ◆ Good source of folate

Serving Tips

- ◆ Raw cauliflower florets make a delicious, crunchy snack, especially served with a low-fat dip.
- ◆ It makes a nice addition to salads.
- ◆ Season cooked cauliflower fresh herbs.
- ◆ Add chopped florets to pasta sauce instead of meatballs or stir them into soups and stews.



Family Meal Ideas

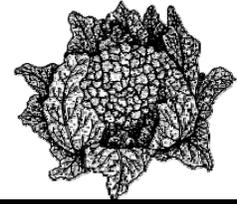
Studies show that most people, children, teens, older adults, and singles, eat more balanced meals and a wider variety of foods when they eat with family and friends.

- Have a potluck with neighbors or friends and share cooking duties while having fun.
- Maybe there’s a budding chef in your house. Find out where family member’s talents and interests lie.
- Try a new recipe or buy a new cookbook to spark an interest in cooking with the kids.

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

CAULIFLOWER



Locally Grown Varieties

Violet Queen and Snowman

Shopping Tips

- ✓ Select white to creamy white cauliflower with a compact surface and heavy body.
- ✓ Outer leaves should be bright green, fresh, and crisp.
- ✓ Avoid curds with large spots, speckles, bruises or loose, open floret clusters.



Handling and Storage

- ◆ Cauliflower should be refrigerated to retain its freshness.
- ◆ It will keep for up to five days in a plastic bag in the crisper compartment of your refrigerator.
- ◆ Keep the curd stem-side up to prevent moisture from collecting on top.
- ◆ Once you've cut the florets, use them within a day or two.

Preparation

Don't cook the cauliflower in an aluminum or iron pot. The chemical compounds in cauliflower will turn the vegetable yellow, if cooked in an aluminum pot. If prepared in an iron pot, the vegetable will turn a blue-green or brown color.

- ◆ **Boiling:** Keep the cooking time as short as possible to retain the vitamins. Boil the cauliflower with the stem side up so that the florets don't bob above the surface of the water. Add lemon juice or vinegar to retain the whiteness. Cooking time: 3- 6 minutes for florets and 10-15 minutes for whole cauliflower.
- ◆ **Microwaving:** Put 2 cups of florets in a microwavable dish and add 1/4 cup water and cover. Cooking time: for florets cook on high 3 minutes. If you use a whole cauliflower, cook it 3 minutes, turn and cook another 3 minutes.

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

CAULIFLOWER SOUP

(6 SERVINGS)

INGREDIENTS:

- 1/2 cup onions, chopped
- 3/4 cup potatoes, cubed
- 1 can (13-3/4 oz.) low-sodium chicken broth
- 3 cups cauliflower
- 1/2 - 1 teaspoon nutmeg or cloves
- 1 can (12 oz.) evaporated skim milk



DIRECTIONS:

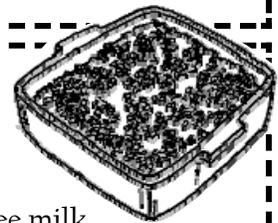
1. In a 3-quart sauce pan, combine the onion, potatoes, and broth. Bring to a boil. Reduce heat and cook for 5 minutes.
2. Add vegetables and 1/2 to 1 teaspoon of the desired seasoning.
3. Cover and simmer for 15 minutes. Uncover; remove pan from heat and let the vegetables sit for a few more minutes.
4. Remove vegetables from the pan and place in a food processor. Cover and blend 15 to 30 seconds or until vegetables are smooth.
5. Return pureed vegetables to the saucepan, and combine with reserved broth.
6. Add evaporated milk and cook over medium heat. Serve.

THREE-VEGETABLE BAKE

(6 SERVINGS)

INGREDIENTS:

- | | |
|--|---|
| 3 red potatoes, coarsely chopped | 1 can (12 oz.) evaporated fat-free milk |
| 1 parsnip, peeled and coarsely chopped | 1 vegetable bouillon cube |
| 3 cups fresh cauliflower florets | 1/8 teaspoon ground white pepper |
| 3 tablespoons butter, divided | 1/4 cup seasoned dry bread crumbs |
| 2 tablespoons all-purpose flour | |

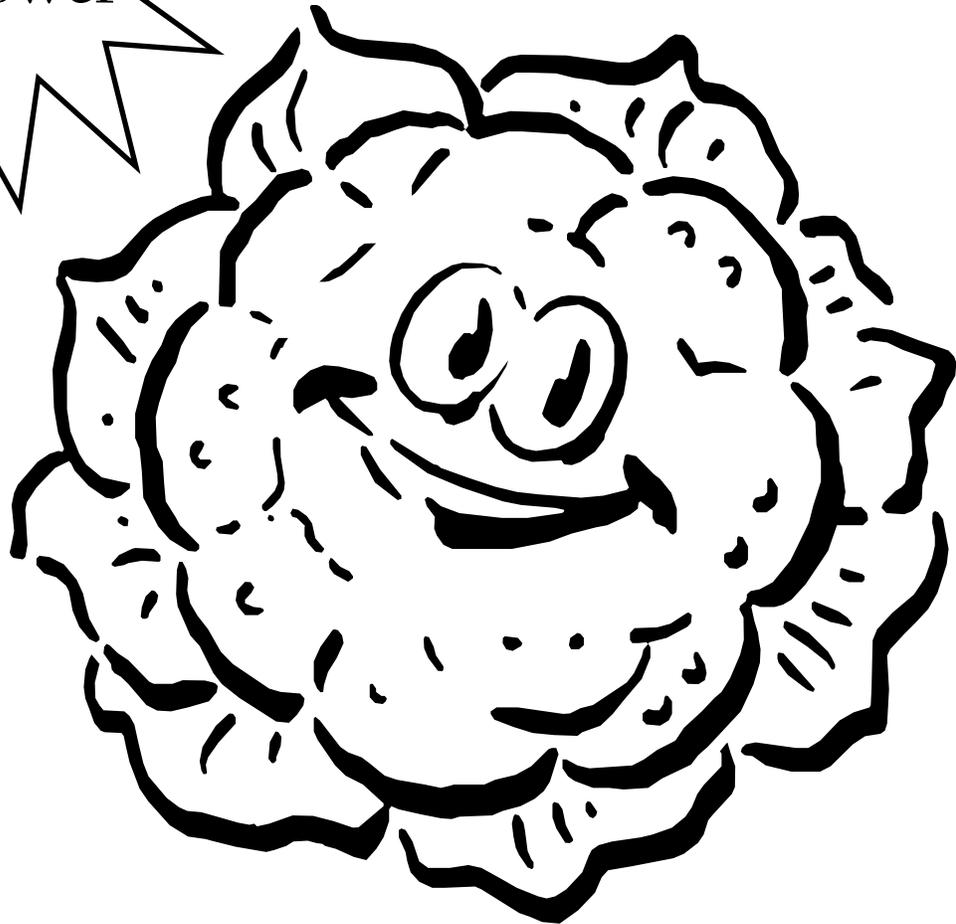


DIRECTIONS:

1. Preheat the oven to 350 degrees.
2. Microwave potatoes and parsnip in covered, medium microwave-safe casserole dish on HIGH (100%) power for 9 minutes; drain. Return to dish; top with cauliflower.
3. Melt 2 tablespoons butter in a small saucepan over medium heat. Stir in flour and bouillon; cook 3-4 minutes stirring occasionally, or until bouillon is dissolved and sauce is slightly thickened. Pour sauce over vegetables.
4. Microwave remaining butter in small, microwave-safe bowl on HIGH (100%) power for 10 to 20 seconds or until melted. Stir in bread crumbs until combined. Sprinkle over vegetables; cover.
5. Bake for 30 minutes. Uncover; bake for 10 more minutes. Serve.

Reasons for the Seasons

Coloring Activity Page for Kids



Nutrition BEST and Let's Eat Healthy! Programs
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