



- ◆ The name cauliflower means “cabbage flower.”
- ◆ Cauliflower is a member of the cabbage family, which includes broccoli, Brussels sprouts, kale and bok choy.
- ◆ Cauliflower helps prevent cancer, is high in fiber and is high in Vitamin C.
- ◆ Almost all cauliflower grown in the United States comes from the Salinas Valley in California, which has the perfect climate for growing vegetables.
- ◆ It is available year-round, but is especially plentiful in the spring and fall.
- ◆ Cauliflower grows from a tiny seed planted in your garden.
- ◆ There are also green and purple varieties of cauliflower. A cross between broccoli and cauliflower is called Broccoflower.



Cauliflower