

# March Produce Pick



## Cauliflower

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### Cauliflower is high in vitamins & minerals

- Vitamin C: Keeps you from getting a cold
- Vitamin K: Helps your body heal
- Folate: Keeps your body in tune

### Cauliflower is called a cruciferous vegetable

- It is in the same family as Broccoli, Brussels sprouts, Kale, Cabbage, and Bok Choy.
- These types of vegetables may help your body fight sicknesses

### Cauliflower is actually a flower that has not fully developed

- The part we eat is called the curd

### Cauliflower can be white, green, purple or orange

- Each colored cauliflower has a slightly different taste, and differ in vitamins and minerals!

### Cauliflower comes from a wild cabbage plant thought to have originated in Ancient Asia Minor

- Most cauliflower in the United States comes from California, but china is the largest worldwide producer!

Try [cauliflower recipes](#) at home and spread the news of the types of cauliflower!

For more information about the [Fresh Fruit and Vegetable Program](#), contact [Brooke Wheeler](#).