



# CAULIFLOWER

**WINTER**

**SPRING**

**FALL**



**ARKANSAS**  
**FarmtoSchool**

**UofA**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*





# GROW

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Plant cauliflower in well-drained, rich soil in a sunny area. Transplant cauliflower in early spring and late summer, 18 to 24 inches (in.) apart. You may directly sow seeds 1/4 to 1/2 in. deep. Tie outer leaves over the center of the plant to protect growing head from sunburn. Harvest firm, white mature cauliflower.



# PREP

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Rinse cauliflower with cool, running water. Trim off outer leaves and cut the stem away from the cauliflower head. Cut away individual florets from the head and slice into desired sized pieces. Prepare raw, boiled, steamed, stir-fried, or roasted.



# EAT

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Pair raw cauliflower with dip! Enjoy finely chopped cauliflower in place of rice in any rice-based dish. Swap potatoes for cauliflower when a craving for mashed potatoes arises. Oven roasted cauliflower is a yummy side dish. Enjoy your favorite pizza with a cauliflower crust!



# LEARN

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Cauliflower is a **vegetable**. The oldest record of cauliflower in America dates back to 1806. Cauliflower is a great source of vitamins and minerals that reduce risk of heart disease and certain types of cancers. Cauliflower is reactive to some metals; if it is cooked in an iron pot, it may turn black!

