

Do You Know?



How many colors of cauliflower are available?

White cauliflower is the most common color of cauliflower.

Orange cauliflower contains 25 times the level of vitamin A of white varieties.

Green cauliflower is sometimes called broccoflower. It is available both with the normal curd shape and a variant spiky curd called Romanesco broccoli. Both types have been commercially available in the U.S. and Europe since the early 1990s.

Purple Coloring is caused by the presence of the antioxidant group anthocyanins, which can also be found in red cabbage and red wine.

How many groups of cauliflower are available?

#4!

Italian: Diverse in appearance, and biennial and annual in type. This type is the ancestral form from which the others were derived.

Northwest European biennial: Used in Europe; it was developed in France in the 19th century.

Northern European annuals: Used in Europe and North America for summer and fall harvest, it was developed in Germany in the 18th century.

Asian: A tropical cauliflower used in China and India, it was developed in India during the 19th century from the now-abandoned Cornish type.

Cauliflower is available at local New York Farm Markets. The "season" may vary from farm to farm / region to region.

Tips for Preparing Cauliflower

Cauliflower florets are the part of the plant that most people eat, but the stem and leaves are edible too and are good for adding to soup stocks.

To cut cauliflower, first remove the outer leaves, then slice the florets at the base where they meet the stalks. You can cut again if you want smaller pieces. Trim any brown coloration that may be on the edges.

Cauliflower contains phytonutrients that release odorous sulfur compounds when heated. These odors may be stronger with increased cooking time. To minimize odor, retain the vegetable's crisp texture, and reduce nutrient loss, cook the cauliflower for only a short time. Some phytonutrients may react with iron in cookware and cause the cauliflower to take on a brownish hue. To prevent this,

add a bit of lemon juice to the water in which you blanch the cauliflower.



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Sowing the Seeds of Understanding
The Foundation
New York Farm Bureau
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Cauliflower



The Mission of the Foundation is to inform and educate all New Yorkers regarding agriculture and to increase understanding between the farm and non-farm public.



Do You Know?



Cauliflower History!

The cauliflower, or “cabbage flower,” originated over 2,000 years ago in the Mediterranean and the Asia Minor region. Today it is produced and available in the U. S. Cauliflower belongs to the same family of cruciferous vegetables such as cabbage, broccoli, Brussel sprouts, kale and bok choy; a cool-season crop that thrives in a moist atmosphere. There is year-round availability, but especially plentiful in the spring and fall. Cauliflower is a low-calorie vegetable, high in fiber, folacin, potassium and vitamin C. Cauliflower has been an important crop in this country since 1920. The word cauliflower means cabbage flower or stalk flower.

Tips!

- Cauliflower can be roasted, boiled, fried, steamed, or eaten raw. Steaming or microwaving better preserves anti-cancer compounds than boiling. The florets should be broken into similar-sized pieces so they are cooked evenly. After 8 minutes of steaming, or 5 minutes of boiling, the florets should be soft, not mushy (dependent on size).
- Suggestion: to sauté cauliflower rather than boiling/steaming, (makes them waterlogged, mushy and lose flavor). Cut cauliflower florets into quarters and let sit for 5 minutes before cooking. For great tasting cauliflower add 1 tsp. of turmeric when adding the cauliflower to the skillet.



Selecting & Storing

Look for a clean, creamy white, compact curd in which the bud clusters are not separated. Spotted or dull-colored cauliflower should be avoided, as well as those in which small flowers appear.

Heads that are surrounded by many thick green leaves are better protected and will be fresher. As size is not relative to quality, choose one that fits your needs.

Store uncooked cauliflower in a paper or plastic bag in the refrigerator, (it will keep for up to a week). To prevent moisture from developing in the floret clusters, store with the stem side down.

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Consumption & Production

- U.S. per person consumption of cauliflower has decreased from a peak of 3.1 # in 1986 to 1.7# in 2010. Frozen cauliflower consumption was about 0.4 pounds per person compared to fresh consumption of 1.7 pounds.
- In the US, California produces nearly 88% of the fresh cauliflower and all processing cauliflower. New York also produces cauliflower but in much smaller amounts.
- NY planted approximately 480 acres of cauliflower in 2011, with a yield of 115 cwt. per acre. Many NY farm markets carry locally grown cauliflower.

Cauliflower Nutrition

- Cauliflower is low in fat, low in carbohydrates but high in dietary fiber, folate, water, and vitamin C, possessing a high nutritional density.
- Cauliflower contains several phytochemicals, that may be beneficial to human health.
- Sulforaphane, a compound released when cauliflower is chopped or chewed, may protect against cancer.
- Indole-3-carbinol, a chemical that enhances DNA repair, and acts as an estrogen antagonist, slowing the growth of cancer cells.
- Boiling reduces the levels of these compounds, with losses of 20–30% after five minutes, growing greater with longer periods. Other preparation methods, such as steaming, microwaving, and stir frying, have no significant effect on the compounds.

The Foundation has developed tools and resources to “sow the seeds of understanding”. Our programs are available throughout New York State. We invite all who utilize agriculture in the form of food, shelter and clothing to invest in our programs and help us as we work to accomplish our mission. Thank you to all our volunteers for their help with this education brochure.