



# Cauliflower

## What am I?

Cauliflowers are a vegetable closely resembling broccoli. Cauliflower is white because its leaves shelter it from the sun, preventing the formation of chlorophyll. You can find purple, light green, and even yellow cauliflower.

## How do I grow?

- Cauliflower grows well in cool seasons.
- It grows on the ground.
- In Wisconsin, cauliflower is in season July through October.



## Nutrition Facts

Cauliflower is rich in vitamin C which is good for skin, healing, and gum health. It is a cruciferous vegetable which helps prevent colon cancer.

## Fun Facts

- Cauliflower means “cabbage flower” because it is a flower that has not fully developed.
- Cauliflower is related to broccoli, Brussels sprouts, and cabbage.

