

Fresh Fruit & Vegetable Program: December 20, 2022

Featured Fresh Vegetable: CAULIFLOWER



Health Benefits:

1. Choline: liver health and brain function
2. Vitamin K: blood clotting and bone health
3. Folate: brain and nervous system, blood production



Fun Facts:

1. Cauliflower is related to the kale, broccoli, cabbage, and turnip!
2. Though white is the most common variety of cauliflower it also comes in green, yellow, orange, and purple varieties!
3. Cauliflower is very difficult to grow since it is very sensitive to heat and cold and needs at least 6 hours of sunlight daily!

