

## Fresh Fruit & Vegetable Program: March 2023

### Featured Fresh Vegetable: CAULIFLOWER



#### Health Benefits:

1. Rich in Choline – brain health
2. High in Antioxidants – reduces risk of heart disease and cancer
3. B Vitamins (Folate) – brain, energy, and blood formation



#### 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!

