



# Cauliflower



*“Cauliflower is nothing but cabbage with a college education”*

*Mark Twain*



Cauliflower traces its ancestry to the wild cabbage, a plant thought to have originated in ancient Asia Minor, which resembled kale or collards more than the vegetable we recognize today. The cauliflower went through many transformations and reappeared in the Mediterranean region, where it has been an important vegetable in Turkey and Italy since at least 600 B.C. It then gained popularity in France in the mid-16th century and was subsequently cultivated in Northern Europe and the British Isles. Today, China is the largest worldwide producer of cauliflower. California is the largest producer of cauliflower in the United States, mainly in the Salinas Valley—also called the salad bowl of the world.

- Cauliflower is a good source of vitamin C to keep you healthy
- Cauliflower is related to broccoli, cabbage, kale, turnips, rutabagas, and Brussels sprouts
- Cauliflower is called a “cruciferous” vegetable because the flowers have four petals and resemble a Greek cross
- Cauliflower is white because of the heavy protective leaves that cover the cauliflower and protect it from sunlight

Cauliflower can be roasted, baked, boiled or enjoyed raw in salads or veggie trays

