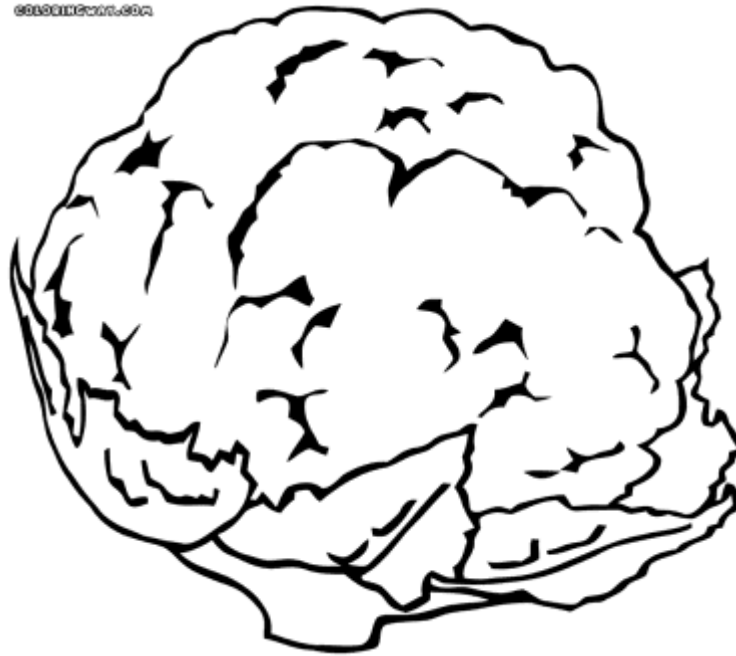


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AMERICAN

- Cauliflower can be eaten raw, roasted, steamed, boiled or grilled.
- King Louis XIV loved cauliflower and demanded it be served at all state dinners.
- Question: What are the brown spots on cauliflower?
- Answer: You might think they're mold, but they're actually a sign of a soil deficiency while the plant was growing. Don't worry- they won't hurt you or affect the flavor!
- Cauliflowers come in actual colors, including orange, green, and purple.
- Raw cauliflower is a source of sulforaphane, a compound that attacks cancer cells and slows the growth of tumors.
- Cauliflower is full of vitamins and antioxidants and a bunch of other good stuff to keep you happy and healthy.
- Cauliflower and the Ninja Turtles have a lot in common. It's the thing that makes the Turtles able to fight and eat pizza, and makes cauliflower, well, cauliflower: a mutation. Cauliflower has a genetic mutation, which is the reason its flowers are large and edible rather than just beautiful.