



FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education



CAULIFLOWER

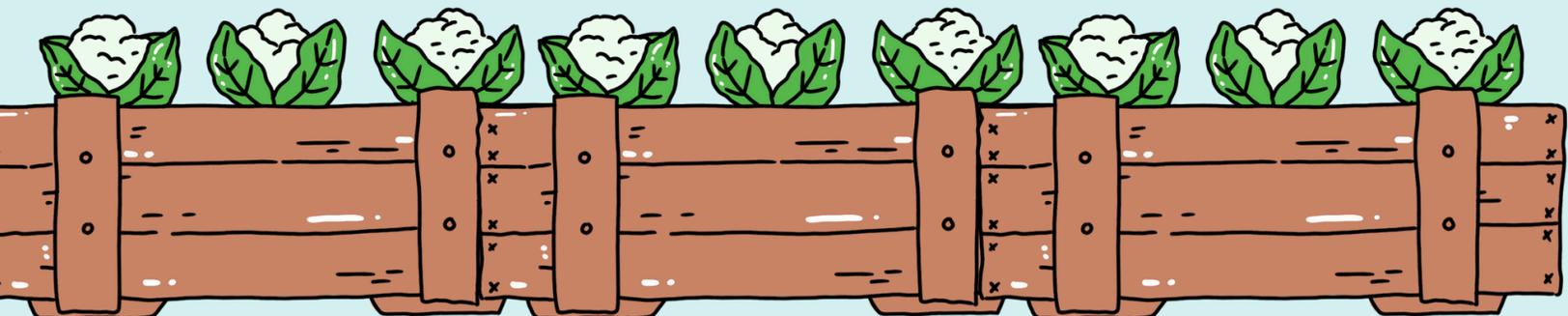
FUN FACTS:

Cauliflower means "cabbage flower" because it happens to be a flower that is never fully developed.

Cauliflower is related to the following: Broccoli, Brussel sprouts, and Cabbage.

NUTRITIONAL INFORMATION

One cup of raw cauliflower provides over 75% of the daily minimum target for vitamin C!



*This institution is an equal opportunity provider.