



CARNIVAL CAULIFLOWER

DID YOU KNOW?

- Carnival Cauliflower belong to the Cabbage family along with Kale, Broccoli, and Collard Greens.
- Carnival Cauliflower is really a flower! The part we eat consists of a cluster of flower heads. Cauliflower can be white, purple, green, and orange.
- Carnival Cauliflower has a mild, sweet and nutty taste.
- Carnival Cauliflower is an excellent source of vitamin C, proven to help boost your immune system.

FUN FACT!

Cauliflower originated from Asia Minor and the Mediterranean.



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