

BUY FRESH - BUY LOCAL

Food of the Week: Cauliflower

Cauliflower originated over 2,000 years ago in the Asia Minor and Mediterranean. Yet, it was available almost exclusively in Italy until the 16th century when it was introduced in France and eventually other areas of Europe. It was first grown in North America in the late 1600's. Today most of the cauliflower in the U.S. is grown in the Salinas Valley of California.

The name cauliflower means "cabbage flower," which gives way to the fact that cauliflower is a member of the cabbage family along with cabbage, brussel sprouts, kale, and bok choy. The most common kind of cauliflower is that which is white. Less than 10 years ago though, a green cauliflower was developed by crossing cauliflower with broccoli. This new version of cauliflower is shaped like white cauliflower but has chlorophyll like broccoli giving it its green coloring.

Cauliflower is available year round but is especially abundant in the spring and fall. When purchasing cauliflower choose one that has creamy white, compact curds with bright green, fresh, and firmly attached leaves. Some small leaves extending through the curds do not affect quality. At home cauliflower can be kept in a plastic bag for up to one week. Keep it dry and wash just before using. Store any leftover cauliflower in the refrigerator in the crisper. Cauliflower can be used in a variety of ways including adding it to a lettuce salad or cold pasta salad, using it in stir fry, steaming it with shredded cheese on top, or eating it with a bit of your favorite vegetable dip!

Nutrition Information per 1/6 of a medium white head
Calories 25, Fat 0 g,
Carbohydrate 5 g, Fiber 2 g, Protein 2 g,
Cholesterol 0 mg, Sodium 30 mg,
Vitamin C 100%, Potassium 8%, Folate 10 %

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Recipe of the Week:
Marinated Vegetables

Makes 4 servings

- 1 1/2 c Nakano Seasoned Rice Vinegar
- 1 c Water
- 4 cloves Garlic, chopped fine
- 1 head Cauliflower, broken or cut into small florets
- 4 Zucchini (medium), sliced at an angle
- 4 Carrots (medium), sliced at an angle
- 1/4 t Hot pepper flakes
- 1/4 c Fresh parsley, chopped

Bring vinegar, water, and garlic to boil. Add vegetables, return to a boil. Remove from heat. Add pepper flakes. Pour into bowl; cool. Stir in parsley. Chill.

Nutritional analysis per serving Calories 112, Fat 1 g, Cholesterol 0 mg, Fiber 7 g, Sodium 57 mg

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