



November's featured vegetable is:

# Cauliflower

- This "flower" is best when you know how to pick it.
- Cauliflower has a milky, sweet, nutty flavor.
  - Look for clean, creamy white compact curd with tight clusters.
  - Heads that are surrounded by many thick green leaves are well-protected and probably fresher.
  - Size is not related to quality; pick the cauliflower that best suits your needs.
  - Store cauliflower in a bag in the fridge where it will keep up to a week.
  - To prevent moisture from developing in the floret clusters, store the cauliflower with the stem side up.
  - Cauliflower should be heavy for its size.
  - Pure white cauliflower is very fresh but if there are a few brown spots they can be easily trimmed off.


- Cauli-WOW-er your family with these ideas**
- Cauliflower is a must for any fresh vegetable platter.
  - Make cauliflower "popcorn" by stirring cauliflower florets with some olive oil and a little salt and then roasting cauliflower in the oven for 30-40 minutes. The roasting makes it sweeter than it already is!
  - Puree cooked cauliflower and it looks like mashed potatoes. You can even stir the pureed cauliflower into mashed potatoes.
  - Rapid cooking time will preserve the color and crispness of the cauliflower— steam for only 3 to 5 minutes.
  - Add to soups or stews.
  - Cauliflower can replace broccoli in most recipes.

**INDoles, IN cauliflower, are IN the fight against cancer.** Some early research has shown that indoles, a compound in cauliflower, may fight the development of some cancers. And the more you chew or cut up cauliflower, the more indoles you can get. It's hard to imagine the fight against cancer tasting better than delicious vegetables, especially cauliflower. Give cancer a one-two punch by including cauliflower with your favorite foods.



**Cauliflower-Cheese Soup**

1 medium-large potato, peeled and diced (2 to 3 cups diced)  
 1 large cauliflower, cut or broken into florets (put aside 2 cups)  
 1 medium carrot, peeled and chopped  
 1 medium clove garlic, peeled  
 1 1/2 cups chopped onion  
 1 1/2 teaspoons salt  
 4 cups water  
 2 cups (packed) grated cheddar (plus extra for garnish)  
 3/4 cup low fat milk  
 black pepper, to taste



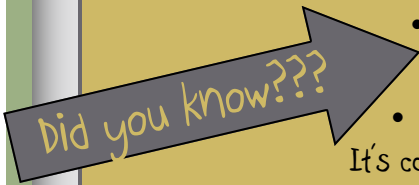
Place potato, cauliflower (except for the 2 cups reserved), carrot, garlic, onion, salt, and water in a large saucepan. Bring to a boil, then simmer until all the vegetables are very tender. Puree in a blender or food processor, and transfer to a pan. Steam the reserved cauliflower pieces until just tender. Add these to the puree along with all remaining ingredients. Heat gently, and serve topped with a little extra cheese.

**Roasted Winter Vegetables with Cheesy Polenta**  
*From Eating Well Magazine*

4 C cauliflower florets  
 4 C cubed peeled butternut squash (1 1/2-inch chunks)  
 1 medium onion, sliced  
 2 T extra-virgin olive oil  
 1/2 tsp garlic powder  
 3/4 tsp freshly ground pepper, divided  
 1/4 tsp salt  
 2 1/2 C vegetable broth  
 1 C water  
 3/4 C cornmeal  
 1 tsp chopped fresh rosemary or 1/2 tsp dried  
 2/3 C finely shredded Parmesan cheese

1. Preheat oven to 500°F.
2. Toss cauliflower, squash and onion in a large bowl with oil, garlic powder, 1/2 teaspoon pepper and salt. Spread on a rimmed baking sheet. Roast, stirring once, until tender and browned in spots, 25-30 minutes.
3. Meanwhile, combine broth and water in a small saucepan. Bring to a boil. Slowly whisk in cornmeal, rosemary and the remaining 1/4 teaspoon pepper until smooth. Reduce heat to low, cover and cook, stirring occasionally, until very thick and creamy, 10-15 minutes. Stir in cheese; remove the cornmeal from the heat. Serve the vegetables over the cornmeal.

- The compact head of the cauliflower is called the "curd."
- Cauliflower can be found in white, green, or purple varieties.
- The word "cauliflower" means "cabbage flower."



- Cauliflower is white because the green leaves on cauliflower hide the inside from the sun.
- Did you know that you can buy a vegetable that is both broccoli and cauliflower? It's called broccoflower.

**IMPRESS YOUR FRIENDS!  
LEARN TO SAY  
"CAULIFLOWER" IN FOUR  
DIFFERENT LANGUAGES:**

SPANISH: COLIFLOR  
FRENCH: LE CHOUX-FLEUR  
ITALIAN: IL CAVOLFIORE  
GERMAN: BLUMENKOHL


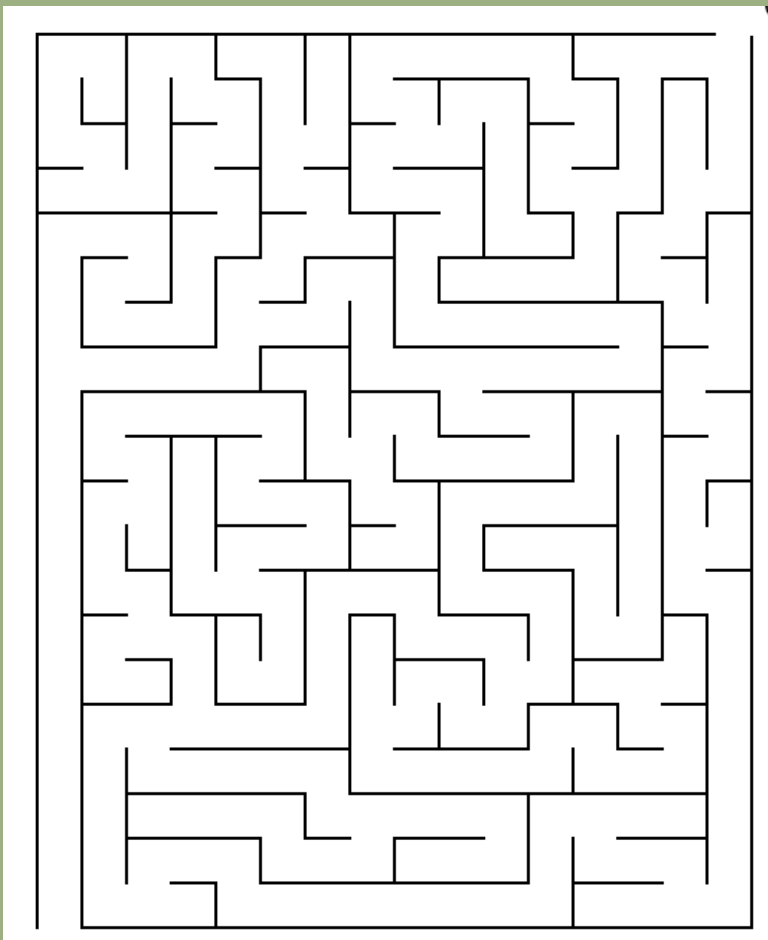
**IF YOU HAD TO NAME  
CAULIFLOWER, WHAT  
WOULD YOU CALL IT?**




*I like my cauliflower the way  
I like my jokes... very  
cheesy!*

*What's a fresh vegetable?  
one that insults a farmer.*

**HELP CORA SNOWBOARD  
THROUGH THE MAZE TO GET HER  
TASTY CAULIFLOWER.**

**HOORAY!**



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