

Cauliflower Information Sheet

Today's Farm to School Snack features local cauliflower!

While cauliflower originated in the Northeastern Mediterranean region of Cyprus, the cauliflower you will be trying today was grown locally at:

in

How Does It Grow?

Cauliflower is usually grown from seeds in a greenhouse and then moved to a field using special machines. The cauliflower head forms in the center of the plant, made up of thousands of immature flowers grouped together in clusters called "curds." After 2-3 months, the cauliflower is carefully harvested by hand, and the outer leaves are removed. Most of the cauliflower grown in Nova Scotia is sold within the Maritimes. Cauliflower can be enjoyed steamed, baked, roasted, stir-fried, sautéed, or boiled.



Fun Facts

- Cauliflower comes in white, green, orange, and purple, with white being the most popular.
- Farmers tie the outer leaves around the cauliflower when it grows to the size of a tennis ball. This blocks sunlight, keeping the cauliflower bright white.
- Cauliflower is a descendant of wild cabbage.

Around the World

Cauliflower was first cultivated in the Mediterranean over 2,000 years ago and spread to Europe, Asia, and North America by the late 1600s. It became popular in France during King Louis XIV's reign, where it was served at royal banquets. Today, China and India are the top producers of cauliflower. It's used in dishes like India's Aloo Gobi and can be shredded to make a rice alternative or a gluten-free pizza crust.

Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include cauliflower.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

Enjoy this crunchy snack!

Find more resources at www.nourishns.ca