



Cauliflower



Where did cauliflower come from?

Today's cauliflower was bred from wild cabbage in the Mediterranean region over 2000 years ago. It became very popular in Asia and Italy and eventually made its way to other parts of Europe in the 16th century. Cauliflower is only grown as an agricultural plant and does not grow wild anywhere in the world.



How does cauliflower grow?

Cauliflower is a sun-loving, cool-season crop. It can be a challenge to grow as it does not tolerate extreme heat or cold. The plant is usually started from seed in a greenhouse and transplanted into the field by specialized machines to avoid late spring frosts and allow for a longer growing season.

When the white head, called a curd, is 2-3 inches (5 to 7.5 cm) in diameter, the outer leaves are tied together over the head and secured with a rubber band, tape, or twine to keep light out. This stops the photosynthesis process from happening to the flowers keeping them bright white in colour. Cauliflowers are usually ready to be picked 7 to 12 days after this procedure.

Most cauliflowers are picked by hand by workers who walk through the field, cutting off the heads, trimming the outer leaves and placing them on a conveyor. The conveyor feeds up to a flatbed trailer pulled behind a truck or tractor where another team of workers clean and wrap the heads in perforated cellophane or ventilated plastic bags right in the field. They are then loaded into boxes to be transferred to a refrigerator before being shipped to the grocery store.

Locally grown cauliflower is available from June to November.

Check out this 4.03 minute video on How does cauliflower grow? from PBS:
<https://www.pbs.org/video/how-does-it-grow-cauliflower/>

Did you know?

- Cauliflower is a cruciferous vegetable in the Brassicaceae family, along with cabbage, kale, broccoli, kohlrabi, collard greens, and Brussels sprouts. These are called cole crops.
- Cauliflower is available in 4 colours – white, orange, green and purple, but white is the most popular.
- The cauliflower head is called the “curd” because it resembles cheese curds and it is made up of florets.

Joke Corner

Q. What do you call a dinosaur who only eats kale, broccoli, and cauliflower?

A. A cruciferous rex!

Q: What kind of flower should never be put in a vase?

A: Cauliflower

Creamy Hummus

This dip is perfect to enjoy as a snack with vegetables or whole grain crackers.

Ingredients

- 1 can (540 mL/19 oz) sodium-reduced chickpeas, drained and rinsed
- 60 mL (¼ cup) tahini (sesame seed paste)
- 5 mL (1 tsp) ground cumin
- 60 mL (¼ cup) sodium-reduced vegetable broth
- 2 mL (½ tsp) grated lemon zest
- 15 mL (1 tbsp) lemon juice (about ½ lemon)
- 30 mL (2 tbsp) water (or more as desired)
- 1 clove garlic, minced

Directions

1. In a food processor, combine chickpeas, tahini and cumin. Pulse until coarse.
2. Add broth, lemon zest, lemon juice, and water. Pulse until smooth; add more water as necessary for a creamy texture. Stir in garlic.

Recipe accessed from <https://food-guide.canada.ca/en/recipes/creamy-dreamy-hummus/>

For more great recipes visit:
<https://food-guide.canada.ca/en/recipes/>

