



Cauliflower

Growing & Harvest Info

Cauliflower is a difficult vegetable to grow in St. Louis because it needs consistently cool temperatures in the 60s. A fall planting is the best time to try cauliflower in St. Louis. Plant it 1/2" deep in full sun, 3-6" apart. Cauliflower requires consistent soil moisture.

Mature heads range from 6-12" across. Harvest when buds tight and unopened. With a sharp knife cut just below head, keeping some leaves to protect and contain curds. Use or preserve immediately.

If not harvested before heavy frost, heads are still edible unless they thaw and freeze again.

As cauliflower is actually the same species as kale, collards, cabbage and several other brassicas its leaves are edible and can be used very similar to kale and collards. For specific information on the leaves see the Collards sheet.

Nutritional Benefits

Cauliflower

Source	Rating
Vitamins	EXCELLENT
Minerals	MODERATE
Fiber	GOOD

Introduction

Originating in Cyprus, cauliflower made its way to the Arab World, the Roman Empire, Italy, and then France in the 16th century. Now, it's celebrated annually at the Margaretville Cauliflower Festival in the Catskill Mountains of New York.

Preparation and Storage

Vegetable Preparation:

- Before use make sure to give it a good wash as dirt can get stuck in the tight crevices of cauliflower. Then cut off any brown spots that might have formed and cut to desired size for cooking.

Fresh Storage:

- The head stores best if left whole and put in an unsealed bag in the crisper drawer of the refrigerator.
- Cauliflower can also be stored for up to a month by uprooting and hanging the whole plant upside down in a cool dark place like a basement.

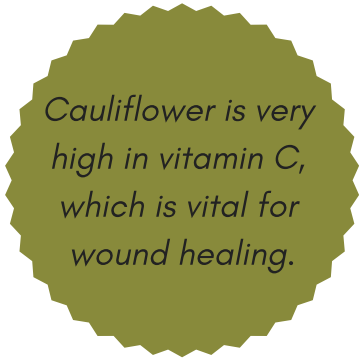
Freezing:

- Choose compact heads, trim off leaves and cut each head into about 1" pieces.
- Soak for 30 minutes in solution of 4 tsp. salt per 1 gallon water. Drain. Blanch for 3 minutes in water containing 4 tsp. salt per 1 gallon water.
- Cool immediately. Drain. Pack into airtight freezer containers, leaving no head space.

Vegetable state	Use by
Raw	1 month
Frozen	1 year
Pickled	8-12 months



Cauliflower



Cauliflower is very high in vitamin C, which is vital for wound healing.

Prepare cauliflower like this:

Baked	Raw
Braised	Roasted
Grilled	Sauteed
Mashed	Slow-Cooked
Pickled	Steamed

Try cauliflower in:

Casseroles
Gratins
Omelets
Pastas
Pizza Crust
Rice
Salads
Soups
Stir-frys

Recipe 1: Grilled Cauliflower Steaks with Pesto

Serves 2-4, Prep and Cook Time: 20 minutes

Ingredients

- 1 small head of cauliflower, cut lengthwise into 3/4" slices
- 1 cup basil
- 1 garlic clove
- 1 tbs. fresh lemon juice
- 1/3 cup olive oil

Directions

- In food processor or blender, pulse basil, garlic, and lemon juice and slowly add olive oil in constant stream while machine is running. Stop to scrape side of machine with rubber spatula. Pulse until smooth.
- Brush both sides of cauliflower steaks with pesto and place on grill over medium heat. Grill for 3-4 min. on each side or until cauliflower is tender, but firm. Serve warm.

Recipe 2: Cauliflower Pizza Crust

1 pizza crust; Prep and Cook Time: 50 minutes

Ingredients

- 1 head cauliflower
- 1/2 cup shredded mozzarella
- 1/4 cup grated Parmesan
- 1/2 tsp. dried oregano
- 1/2 tsp salt
- 1/4 tsp. garlic powder
- 2 eggs, lightly beaten

Directions

- Preheat oven to 400 F degrees. Line a baking sheet with parchment paper.
- Break cauliflower into florets and pulse in food processor until fine. (Or chop into very fine pieces using sharp knife!)
- Steam in a steamer basket and drain well. Let cool.
- In a bowl, combine all the ingredients. Transfer the mixture to the center of the baking sheet and spread the mixture into a circle (like a pizza crust).
- Bake for 20 minutes. Add desired pizza toppings and bake for an additional 10 minutes.