**Nutrients Found In Cauliflower**

- Cauliflower is an excellent source of vitamin C, which helps maintain a healthy immune system.
- Cauliflower is a good source of folate, a B vitamin that helps with the formation of red blood cells.
- A diet rich in fiber-containing foods like cauliflower may help reduce the risk of cardiovascular disease, obesity, and type 2 diabetes.

**Healthy, Fit & Ready to Learn**

- To help limit your children’s screen-time, keep TVs out of their bedrooms. This way you can limit how much they watch and monitor the content.

**Grown in Oregon**

In most of Oregon, you can plant cauliflower in late summer and harvest it from late autumn to early winter. This is a great way to extend the life of your garden. You can even try growing it in a pot on a sunny porch or balcony!

**Living and Eating Green**

Try washing and reusing the bags that cereals and crackers come in. Just turn them inside-out to wash and dry them. These bags are very durable and can be used again and again.

**Just for Kids**

Serve your child cauliflower florets, carrot sticks, celery sticks, tomatoes and any other easy to eat vegetable. Encourage him/her to make vegetable pictures and then to ‘erase’ the picture by eating it. Playing with food by making ‘edible art’ builds familiarity with new foods.
Quick and Easy

- Drizzled with olive oil and salt, roasted cauliflower is a delicious snack! Roast at 450 degrees until the cauliflower is golden brown.
- Add chopped cauliflower to macaroni and cheese.
- When making mashed potatoes, substitute in some cauliflower for a less starchy side.
- Chop raw cauliflower and add it to a green salad.
- Cauliflower is a great addition to soups, stews, and chilies.

Recipe: Cauliflower Popcorn

Ingredients:

- 1 large head of cauliflower, cut into florets
- 4 T olive oil
- ½ T sugar
- ½ T salt
- ¼ T black pepper

Directions:

1. Preheat oven to 425 degrees.
2. In a large bowl, combine the olive oil, salt, sugar and pepper. Add the cauliflower and toss well.
3. Spread the cauliflower florets on a baking sheet and roast for 30 minutes, turning 3 or 4 times, until most of the pieces have turned brown. The browner the cauliflower pieces turn, the more caramelization occurs and the sweeter they taste.

Produce Pointers

- Heads should be tight and firm with no soft spots.
- Wrap cauliflower in plastic and keep in the crisper in the refrigerator for up to one week.
- To prepare, remove any leaves and cut off the large stem. Cut the florets into bite-sized pieces.
- Do not wash cauliflower until you are ready to use it. The extra moisture from washing can encourage spoilage.

Recommended Daily Amounts of Fruits and Vegetables

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<th></th>
<th>Kids ages 5-12</th>
<th>Teens &amp; Adults ages 13+</th>
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<tbody>
<tr>
<td>Males</td>
<td>2 ½ - 5 cups per day</td>
<td>4 ½ - 6 ½ cups per day</td>
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<tr>
<td>Females</td>
<td>2 ½ - 5 cups per day</td>
<td>3 ½ - 5 cups per day</td>
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If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.

Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/go/f2sgardens.