



FAMILY NEWSLETTER

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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.



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YOUR OREGON KITCHEN

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.



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.

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.



RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids ages 5-12	Teens & Adults ages 13+
Males	2 ½ - 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ - 5 cups per day	3 ½ - 5 cups per day

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.