



Cauliflower

In its early stages, **cauliflower** looks like broccoli, which is its closest relative. While broccoli opens outward to sprout bunches of green florets, cauliflower forms a compact head of undeveloped white flower buds.

Varieties

There are two types of cauliflower:

- Creamy white — more popular in the United States
- Cauliflower-broccoli hybrid — recently developed, this type of cauliflower looks like broccoli.

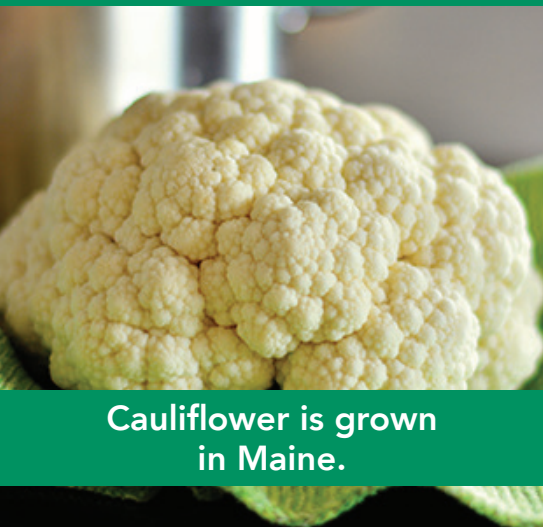
Uses

Cauliflower can be eaten **raw** or **cooked**. **Steam** or **microwave**, instead of boiling, to better preserve its vitamin content.

The cauliflower originated **over 2,000 years ago** in the Mediterranean and Asia Minor region. Almost all cauliflower grown in the United States comes from California.

Cauliflower are vegetables that grow as flowers on plants.

Cauliflower, or “cabbage flower,” is a member of the cabbage family, which may help prevent certain types of cancer. Cauliflower is **available year-round** but is more **plentiful in the fall**.



Cauliflower is grown in Maine.

Nutrition Facts

- Fat free
- Cholesterol free
- High in vitamin C
- High in folate
- High in fiber
- Good source of complex carbohydrates

Pick a **better snack™**



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Broccoli

Choose bunches with tight florets that are dark green, purplish, or blue-green. Stalks should be very firm. Florets are richer in beta-carotene than the stalks.

Broccoli is a member of the cabbage family, which may help prevent certain types of cancer. Broccoli has as much calcium per ounce as milk. Fresh broccoli contains more nutrients than frozen broccoli.

Varieties

There are many varieties. In the United States, the most common type of broccoli is the Italian Green Sprouting variety.

Uses

Steam broccoli or eat it raw with your favorite dip. Add broccoli to salads, soups, stews, casseroles, and stir-fries.



**Broccoli is
grown in Maine!**

**Broccoli are
vegetables that
grow as florets
(clusters of flower
buds) on stalks
(stems).**

Nutrition Facts:

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Good source of folate, iron, calcium and fiber

Cabbage

Cabbage heads are solid, glossy, and light green in color. The stem end should look healthy, trimmed, and not dry or split.

Cabbage is a cheap and widely used food. It may help reduce the risk of certain cancers. Cabbage needs to be kept cold so it retains its vitamin C.

Varieties

There are at least 100 types of cabbage grown in the world. The most common varieties in the United States are Green, Red, and Savoy. Chinese varieties are also available. The two most common Chinese varieties are Bok Choy and Napa.

Uses

Cabbage is delicious in salads or as coleslaw. It can be steamed, boiled, microwaved, or stir-fried. It can also be added to pasta, soups, or stews. Sauerkraut is made from cabbage.



**Cabbage is
grown in Maine!**

**Cabbage are
vegetables
that grow as
leafy heads.**

Nutrition Facts:

- Fat free
- Cholesterol free
- Sodium free
- Rich in vitamin C