

BUFFALO FARM TO SCHOOL



Broccoli & Cauliflower



Varieties Grown in New York State

- Liberty Broccoli
- Packman Broccoli
- Romanesco Cauliflower
(Usually grouped with broccoli!)
- Snow Crown Cauliflower
- Violet Queen Cauliflower

FUN FACT! 'Broccoflowers' are a cross between broccoli and cauliflower!

Nutrition and Health Benefits

- Broccoli is an excellent source of Vitamin C and potassium.
- Like other members of its Brassicaceae family, broccoli is a good source of folic acid, fiber, and beta-carotenes.
- Cauliflower, another member of the Brassicaceae family, is rich in Vitamin C and folic acid, and is a good source of potassium.
- Fun Fact! Cauliflower heads are white because they lack chlorophyll!

How to Grow It

FUN FACT! Broccoli was developed from the flower of wild cabbage!

- Difficulty: Moderately Difficult
- Growing Season: Broccoli and cauliflower grow best in the cooler temperatures of spring and fall.

FUN FACT! The purple, orange, and yellow-green varieties of cauliflower make pretty additions to flower gardens! The Romanesco broccoli variety makes a perfect edible landscape plant!

- Sun & Soil: Broccoli and cauliflower do best in full sun and well-draining soil! Both can tolerate partial shade, but with slowed growth. Water both generously!
- Size and Planting: Start seeds for both indoors about 6 weeks before last frost. Transplant seedlings 12-24 inches apart into warm soil.

EXPERT TIP! Plant with wide spacing for large heads, or close together for smaller heads. Closer spacing will give you more total heads!

- Planting Time: Early spring

EXPERT TIP! Interplant seedlings in May for a June harvest, and seeds midsummer for a fall crop!

FUN FACT! The 'heads of broccoli and cauliflower are made up of little flower buds!'

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Selection

- Choose broccoli and cauliflower with firm, compact, evenly colored heads.
- Fresh broccoli and cauliflower will have firm stems and non-wilted leaves.
- Pick stems with no open flowers.

Storage Tips

- Store broccoli and cauliflower in a perforated bag in the fridge for 5-10 days.
- Don't wash before storing, and make sure the heads are all dry!
- Freeze broccoli and cauliflower: Blanch and store in a labeled and dated freezer bag. Keep these frozen veggies for up to one year!

Kid-Friendly Eating Tips

- Eat it raw! Experiment with fun dipping sauces, such as hummus, salsa, or fat-free ranch dressing! Do a taste test for the best dip with both!
- Eat it cooked! Add broccoli and cauliflower to a stir fry for a littler color!
- Make it a topper! Add the green and white little 'trees' to pizza to make it a veggie pizza!
- Add it in! Add broccoli and cauliflower to a pasta dish or macaroni and cheese for that extra veggie!
- Pack on the green! Add broccoli florets to a green salad for a different texture!
- Mash it! Mash up cooked cauliflower and add in some spices for a twist on mashed 'potatoes'!
- Pizza it! Make your pizza crust out of mashed cauliflower for a healthier crust!

Preparation & Cooking Tips

FUN FACT! Broccoli and cauliflower absorb flavors well so they can really pack a punch when mixed with seasoning!

- Both broccoli and cauliflower are great raw, boiled, steamed or roasted! There are endless possibilities!
- Cauliflower cooks quickly (in a few minutes), so don't overcook it because it can become mushy.
- Broccoli stems take longer to cook than the florets, or tops, so cook them separately for a few minutes, then add in the heads!

EXPERT TIP! Cut the trunks into small piece to expedite the cooking!

RECIPES

CHEESY CAULIFLOWER

Ingredients:

- 1 whole cauliflower
- Light Cheese Sauce
- 1 tbs butter
- ¼ cup flour
- ¾ cup sharp cheddar (grated)
- 2 cups low-fat milk
- ½ tsp pepper
- ½ tsp onion powder

Directions:

- Clean cauliflower
- Steam or boil cauliflower until tender about 6-8 minutes/drain
- Melt butter in saucepan over medium heat. Add flour; cook for 1 minute whisk in milk & seasonings. Bring to boil, whisking until thickens.
- Add cheddar cheese and pour over cauliflower and serve

Yield: 4 ½ cup servings

FRESH BROCCOLI SALAD

Ingredients:

Salad:

- 5 cups broccoli florets, cut into ½ inch pieces
- ½ chopped red onion
- 1 cup shredded sharp cheddar cheese
- ¼ cup cooked and crumbled turkey bacon pieces
- ¾ cup dried cranberries

Dressing:

- ½ cup mayonnaise
- 1 tbs sugar
- 1 tbs red wine vinegar
- ½ tsp pepper

Directions:

- Combine all salad ingredients in a large mixing bowl; mix well.
- Combine dressing ingredients in a small mixing bowl.
- Mix until thoroughly combined using a fork or wire whisk.
- Add dressing to salad and mix well.
- Refrigerate 1 hour



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