



Cauliflower

Purchasing Specifications

Availability:

Year round

Growing Regions:

Canada, Guatemala, Mexico, Peru, USA

Receiving Information:

- Decay; water-soaked appearance; spotting:
- Indication of storage at high temperatures.
- Gray-brown discoloration; curd softening; water-soaked appearance:
- Indication of freeze injury.
- Wilted leaves: Indication of storage in low humidity.
- Yellowing or loss of leaves: Indication of ethylene exposure - store cauliflower away from ethylene-producing produce and ripening rooms.
- Bruised heads: Cauliflower is susceptible to bruising; handle product with care and do not drop shipping containers on the floor.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: Yes
- Odor Producer: No
- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: No
- Use: Cauliflower can be eaten both raw and cooked. Makes a simple addition to salads and side dishes.
- Health: Cauliflower is high in vitamin C, an antioxidant that has been shown to help fight cancer.
- Selection: Consumers should choose cauliflower heads with compact florets and bright green leaves. Avoid product with brown on the head or wilted leaves.

- Flesh Description; A mild, nubby texture and crumbly crunch.
- Scientific Name: Brassica oleracea var. botrytis
- Usage: Good eaten fresh or cooked.
- Outside Coloring: Light green to green.
- Skin Texture: Nubby texture and crumbly crunch.
- Shape: Smooth stem with large white nubby head partially encased with green leaves.
- Phytochemical: Sulphoraphane and Indoles.
- Taste: Truly fresh cauliflower tastes nutty and mild.

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

Calories 25	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 1mg	0%
Total Carbohydrates 5g	4%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	4%
Potassium 299mg	6%
Vitamin A 0%	Vitamin C 64%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000-calorie diet.