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FACT SHEET

SPECIAL INTEREST HERBS

# GOURMET VEGETABLES

## CAULIFLOWER

*Brassica oleracea*



**D**ESCRPTION Cauliflower is the low-carb dieters dream. A great substitute for potatoes it works perfectly with most dishes and can be eaten raw, cooked or pickled. These vegetables are packed with vitamins. The thick stems underneath the head act as storage vessels for the plants minerals and nutrients. The white head of the cauliflower is actually the bud of a flower that is picked before it fully flowers. It's easy to understand how jam packed with goodies this vegetable must be. It is easy to grow but it is essential to have the right kind of soil – well drained and well fertilized. Cheddar. Known for its deep yellow color and high vitamin content, this cauliflower has over 25 percent more beta than others in its family. Eaten raw and cooked. Great cream flavor. 68 days.

Violet Queen. Annual. Plant produces heavy yields of deep purple heads. Quick maturing. Heads turn green when cooked. Snow Crown. High in vitamin C and good for low carbohydrate diets. A chemical in cauliflower is said to boost DNA repair in cells and may stop them becoming cancerous. Good for fall or spring crops. 55 days to harvest. 2lb/900g heads are 7-8in/17.8-20.3cm across. Likes moist, fertile soil and full sun.

Snow Ball. White, smooth and round vegetable with 7in/17.8cm head. 58 days.



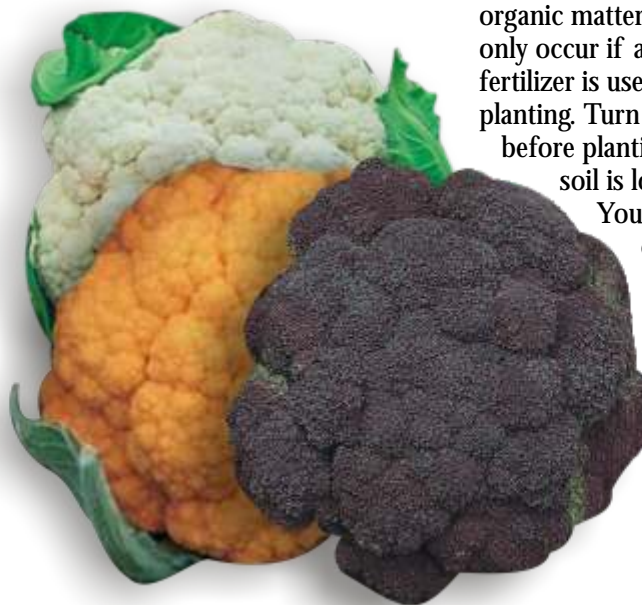
**S**ES Typically only the head of the cauliflower is eaten while the thick stalk and leaves are cast aside. It should be steamed quickly to maintain its vitamin content. To avoid the creamy head turning yellow during cooking, best squeeze some lemon juice into the water. When this vegetable is chopped or chewed an anti-cancer compound is released which improves the liver's ability to detoxify substances.



**G**ROWTH Seeds should be sown ½ in/1.25cm deep in clumps of 4 or so, or can be sown in 1/4 in /6mm deep in individual seedling pots before being transplanted. They should be set out 24 in/61 cm apart, and at least 30 in/76 cm between rows. The plants can be thinned out gradually so that only the best plants remain. The plant will grow rapidly if the soil is light enough to permit good root development as cauliflowers have weak root systems.



**C**ULTIVATION Heavy soils needs to be loosened up with organic matter. Rapid growth will only occur if a good quality fertilizer is used in the soil before planting. Turn the earth months before planting to ensure the soil is loosened properly. You'll know when the cauliflower is ripe for harvest when the head begin to separate and starts to resemble rice.



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