



Harvest of the Month™

It's not just cauliflower, it's
CAULIPOWER!!



The Harvest of the Month featured produce
is the cauliflower.

Health and Nutrition Go Hand-in-Hand
Make half your plate fruits and
vegetables and be active every day.

NUTRITION FACTS

Nutrition Facts	
Serving Size 62 g	
Amount Per Serving	
Calories 14	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 46%
Calcium 1%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

❖ HOW MUCH IS ENOUGH?

One cup of cauliflower packs only 25 calories and provides 77% of the recommended daily intake for Vitamin K and 20% of Vitamin C.

❖ WHY CHOOSE CAULIFLOWER?

Cauliflower is an excellent source of vitamins and minerals, containing some of almost every vitamin and mineral that you need. Cauliflower contains a high amount of fiber, which is important for digestive health and may reduce the risk of several chronic diseases.

❖ SHOPPER'S TIPS

When purchasing cauliflower, look for a clean, creamy white, compact curd in which the bud clusters are not separated. Spotted or dull-colored cauliflower should be avoided, as well as those in which small flowers appear.

❖ HEALTHY SERVING IDEAS

- steamed or roasted as a side dish
- baked in a cheese sauce, as cauliflower cheese
- fried until golden brown, then added to rice dishes
- as the main ingredient in a curry
- cauliflower crust pizza
- cauliflower "rice"
- buffalo cauliflower "wings"