

# Guide to Growing Cauliflower



## Profile and Nutrition Facts

A slightly nutty, sweet and nutty cruciferous vegetable. One serving of cauliflower is high in Vitamin C and K, potassium, and magnesium.

Cauliflower varieties vary in size, shape, and color. Some varieties are orange, purple, or even conical in shape! Some varieties that work well with this region include Snowball Hybrid, Early White, Romanesco, and Depurple.

## Planting guide

Cauliflower needs well drained, highly nourished soil. Plant from seed or seedling anytime between May 1 and August 1. Thin to 18-24 inches apart at a minimum, and mulch around seedling after established. Consider planting near dill, sage, potatoes, garlic, and beets if companion planting.

## How to maintain

Cauliflower need to be well watered, and because the plant requires highly nourished soil, ongoing bimonthly application of fertilizer, such as fish emulsion, is recommended. Plants in the cabbage family are susceptible to pests, such as cabbage worms/moths. Consider applying neem sparingly.

## How to harvest

Maturity dates vary by variety, from 65 to 80 days. Harvest when heads are tight with buds and make sure to watch for hot weather, as cauliflower may bolt. To harvest, cut at the base, below bottom leaves. If planting in the soil again mid-season, consider rotating crops with a nitrogen fixing crop, such as bush beans.



## How to enjoy cauliflower

Cauliflower is eaten both raw and cooked. Everything is edible (including the leaves), although the stem and head are the most palatable. Use in stir fry, steamed or roasted for a sweeter flavor. Cauliflower is also a tasty alternative to starch for those on a gluten-free diet.