

CAULIFLOWER

SEASON: Mid-September through November

GROWING: Grows best in cooler weather, so farmers often plant it midsummer so it'll mature better during cooler fall days. The head is white, not green, because outer leaves hide it from light, preventing the development of chlorophyll.

WHAT TO EXPECT: Yet another member of the cabbage family, cauliflower is usually white, with butter-yellow and bright purple variants. Flavor is mild, sweet, even nutty. Choose heads that are firm & compact, without gaps between florets.

VITAMINS AND MINERALS: Very high in vitamin C, with fiber, vitamin K, folate, B-vitamins, manganese, omega-3s, and even a fair amount of protein.

STORAGE: Refrigerated in a plastic bag, keeps crisp nearly a week. It's fine to cook with after it's lost firmness, though its smell intensifies with storage.

WHY BUY IT LOCALLY? Cauliflower doesn't keep really well, so buying locally buys you time, too.



Cooking with Cauliflower

PREPARATION

- * The easiest way to prep cauliflower is to turn it upside down and cut it in quarters by cutting the stem. Then lay each wedge on its side and cut the solid core out; the florets will fall loose.
- * Rinse the florets before using them, and cut out any dark spots.

BASIC COOKING

- * Steamed: Put florets in a steamer basket over boiling water, cover, and steam 5-10 minutes, depending on the size, until easily pierced with a knife. Avoid overcooking, which makes it mushy and strong-smelling.
- * Braised: Place in saucepan with about $\frac{1}{2}$ " water, some butter or olive oil, salt, pepper, parsley. Boil 5-10 min, until tender & liquid is reduced.

SERVING IDEAS

- * Serve raw florets with a dip made of thick yogurt and curry powder.
- * Melt 3 T. butter in a skillet, add one minced onion until soft, and add 1 lb steamed cauliflower. Cook, stirring occasionally, until golden.
- * Pasta sauce: Sautee florets in a skillet with olive oil, slivered onion, minced garlic, adding a little water if needed to prevent burning. Serve on whole wheat pasta with toasted walnuts.
- * Brown 1 t cumin seeds 10 seconds in vegetable oil in a skillet. Add 1 lb cauliflower florets, 1 T diced fresh ginger, and $\frac{1}{4}$ c water, cover, and cook 5 min. Stir in a pinch of turmeric, a squeeze of lemon juice, & a dash of salt, and cook uncovered until liquid has nearly cooked off.

AN ACTUAL RECIPE - Cauliflower Brown-butter Soup

2-3 lbs prepped cauliflower 1 T salt Juice of 1 lemon 4 T butter
3-4 cups chicken broth Optional: grated cheddar, crumbled blue cheese

- * Boil florets 15 minutes in a big pot of water with salt & lemon juice. Drain, & puree with the chicken broth in blender. Melt butter in a soup pot over medium heat; swirl over heat until the butter begins to turn a little brown in the bottom of pot (don't burn!) Add cauliflower puree to the pot, & bring to a simmer. Season with salt & pepper to taste. Add cheese or herbs as you fancy, and serve with good toast or croutons.

**Thanks for shopping from RI farmers;
your business keeps us green and growing.**