



NY Thursday Harvest of the Month

Cauliflower

Farm Fresh
Grown by a local farmer

Popular Foods

- Roasted Cauliflower
- Cauliflower Rice
- Cauliflower Tots
- Soup
- Pizza Crust
- Casserole
- Stir-fry

Nutrition Content

- Vitamin C for healthy immune system
- Potassium necessary for normal cell activity
- Vitamin B6 for essential body functions
- Dietary Fiber for better digestion

Fun Facts

- There are white, green, orange and purple types of cauliflower
- About 500 acres of cauliflower are planted in NY annually
- In NY cauliflower is harvested August through November

