

BROCCOLI and CAULIFLOWER

December 2017



Take Two!

Broccoli and cauliflower both belong to the cabbage, or cole, family. They are both low in calories, high in vitamin C, and a good source of both folate and vitamin A. Both vegetables are a good source of fiber in your diet, and cauliflower is a good complex carbohydrate. Broccoli has as much calcium ounce-per-ounce as milk!



How to Pick?

Look for cauliflower that has a creamy white color with densely packed florets that are free of blemishes, browning and wet spots. The head should feel heavy in your hand for its size.

Pick broccoli with bright green heads. Florets should have compact clusters. The more open the florets, the older and closer to flowering. Choose firm, strong stems and stalks. Avoid broccoli with yellowish flowers.

Broccoli and Cauliflower is grown in the Lower Rio Grande Valley for fresh market sales. Once a major crop in Texas, acreage peaked in the 1980's due to imports from earlier cheaper production from Mexico. Cauliflower is also a common backyard or roadside market crop in East Texas.

