



SNAP-Ed

wasnap-ed.org/live-well

Growing in Washington Cauliflower



Quick Garden Tips

- 1 Cauliflower is a member of the mustard (or cole) family along with broccoli, Brussels sprouts, cabbage, kale and radishes.
- 2 Try growing cauliflower varieties with different colors, including white, yellow, green and purple.
- 3 Start seeds indoors about 6 weeks before planting time or transplant a start into your garden. Plant 12 to 24 inches apart.
- 4 Water to keep soil evenly moist.
- 5 Add a balanced fertilizer every 3 to 4 weeks after the plant is about 4 inches tall. Follow fertilizer package directions.



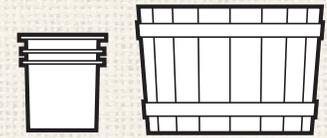
Season and Location

- ☀ Plant in fertile, well-drained soil in full sun.
- ☀ Cauliflower prefers cool weather, so plan for a harvest in spring or fall.



Container Gardening

- ☀ Choose small, compact varieties such as Snowball or Violet Queen.
- ☀ Use at least a 5-gallon container with holes in the bottom for drainage.



Key Pests and Diseases

Aphids: hose off with water.

Cabbage worms: remove by hand.

- ☀ Use plant covers early in the season to reduce pests.

- ☀ To help reduce disease, do not plant cole family vegetables in the same area more than once every 3 or 4 years.

Aphid



Not to scale



Cabbage worm

Washington Gardening Calendar for Cauliflower

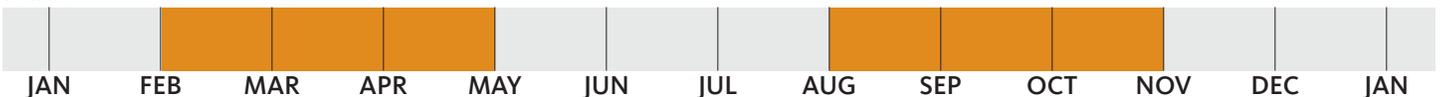
Seedling



Transplant



Harvest



Adapted from WSU Extension Publication EM0575E.

Recommended Types to Grow

Snowball, Snow Crown, Candid Charm, Apex, Amazing, Cortez, Titan, Violet Queen, Graffiti, Panther



When and How to Harvest

- ✿ Harvest cauliflower heads by cutting the stem below a head when it is a useable size. Heads should be tight and dense.
- ✿ Remove leaves wrapped around the head.

Storage and Cooking

- ✿ Refrigerate cauliflower after picking to keep for up to 3 weeks.
- ✿ Eat cauliflower raw with a dip or mixed into a salad. Use cauliflower cooked in soups, stir-fries or as a side dish.
- ✿ Freeze or pickle cauliflower for longer storage.



Baked Cauliflower Tots

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Makes: 15 tots

Ingredients

2 cups grated or finely chopped **cauliflower** rice (about half a medium head)

1 **egg**

3 Tablespoons **flour**

¼ cup grated **cheddar cheese**

¼ teaspoon **salt**

Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Lightly grease a baking sheet.
4. In a medium bowl, combine all ingredients and mix well.

5. Press mixture together to make about 15 small balls or logs and put them on the baking sheet with space between each one.
6. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
7. Refrigerate leftovers within 2 hours.

Note

Texture will be best when freshly made.

