

Visit the cafeteria on  
**Local Harvest Day**  
JANUARY 11  
and receive a free sample  
of locally-grown  
daikon radish!

## HARVEST of the MONTH TRUE OR FALSE

- **TRUE OR FALSE**  
Cauliflower can be grated and used as a substitute for rice.
- **TRUE OR FALSE**  
Cauliflower can grow in different colors including purple.
- **TRUE OR FALSE**  
Cauliflower is actually a flower.
- **TRUE OR FALSE**  
Cauliflower is good for our brains.
- **TRUE OR FALSE**  
Cauliflower is in the cabbage family

\* All answers are true

## Buffalo Cauliflower Bites

### Ingredients:

1 cup water  
1 cup all purpose flour  
2 tsp garlic powder  
22 oz (6 1/2 cups) cauliflower florets  
3/4 cup hot sauce  
1 Tbsp melted butter

### Directions:

1. Preheat oven to 450 F. Lightly spray a large non stick baking sheet with oil.
2. Combine water, flour & garlic powder in a bowl and stir until well combined.
3. Coat the cauliflower pieces with flour mixture and place on baking sheet.  
Bake for 20 minutes.
4. While cauliflower is baking, combine melted butter and hot sauce in a bowl.
5. Pour the hot sauce over the cauliflower and continue baking another 5 minutes.
6. Serve with blue cheese or ranch dip & celery sticks.

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## Harvest of the Month *Cauliflower* JANUARY 2019

## Did You Know?

- There are several varieties of cauliflower that are all different colors: green, purple, orange, white & yellow.
- Cauliflower is commonly used as a substitute for rice or potatoes.
- China is the greatest manufacturer of cauliflower in the world.
- Cauliflower can be eaten raw, cooked or pickled.
- Cauliflower is in the same family as broccoli and Brussels sprouts. It has nutrient properties that may help prevent cancer and maintain brain function.

## HARVEST of the MONTH // Cauliflower

Cauliflower is a cool weather crop and mostly grown in the fall. It should be harvested when the head reaches a good size, but before the florets start to separate. When choosing cauliflower, look for compact florets with bright, firmly attached leaves.

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