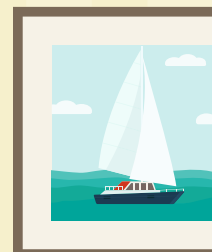


# Did you know?

- ◆ Prolonged cooking of cauliflower destroys the majority of vitamins and it is associated with the bad, sulfur-like smell of cauliflower. Cooking for 30 or more minutes decreases health benefits of cauliflower by 75%.
- ◆ China is the greatest manufacturer of cauliflower in the world.
- ◆ Cauliflower is actually the flower buds of the plant. More specifically, it's a cluster of immature flower buds, known as a "curd".
- ◆ Cauliflower is notoriously difficult to grow. It is very sensitive to heat and cold — it requires a consistent cool temperature of around 60°F to thrive.



## JOKE

What do you call a cauliflower growing at the edge of a garden?

**"a border cauli!"**

### Parents,

Teach kids where their food comes from. Take your family to a local farmer's market (or to the farm itself) and meet the people who grow the food. Picking berries can help nurture a lifelong love of healthy food. Visiting a dairy farm can teach children where their milk comes from (and why we should care about what goes in it). Planting tomatoes and cucumbers in the garden may tempt a child to try the fruits of their labor.

## RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2 - 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

## RECIPE

### Cauliflower Fried Rice

#### Ingredients

- 1 medium head fresh cauliflower, in florets
- 2 Tbsps. sesame oil or olive oil
- 1 clove garlic, minced
- ½ cup frozen peas and carrots
- ½ cup frozen corn
- ¼ cup fresh zucchini, julienned
- ¼ cup fresh yellow squash, julienned
- ¼ cup broccoli florets
- 2 Tbsps. reduced-sodium soy sauce

#### Directions

1. Place cauliflower florets in food processor and pulverize until small and texture resembles rice.
2. In medium skillet, heat oil over medium-high heat.
3. Add garlic. Sauté for 3-4 minutes; add peas, carrots, corn, zucchini, yellow squash and broccoli; then add cauliflower and continue to cook for 5 minutes while tossing vegetables and cauliflower together.
4. Add soy sauce and cook for 2-3 minutes. Taste and adjust seasoning.