

**PURPLE**



**ORANGE**



**& GREEN**



## **CAULIFLOWER**

The purple color in purple cauliflower is caused by the presence of the antioxidant group anthocyanins, which can also be found in red cabbage. Be careful if cooking your purple cauliflower in water since anthocyanins are water soluble and will leach out into the water. Purple cauliflower was discovered as a spontaneous mutation in the 1980s, and improved through breeding in Denmark. The flavor of purple cauliflower is milder, sweeter, nuttier, and free of the bitterness sometime found in white cauliflower.

The orange cauliflower, also known as Cheddar Cauliflower, contains 25 times the level of vitamin A as the original white variety of cauliflower. It was discovered as a spontaneous mutation in 1970 in Canada and was improved through breeding at Cornell University. It tastes much like that of a white cauliflower.

Green Cauliflower, also called broccoflower, is a hybrid of cauliflower and broccoli. Broccoflower is fairly new to the produce market not making its appearance until 1988. Like the purple cauliflower broccoflower's flavor is sweet, mild, and nutty which differs from the white cauliflower.

Despite the difference in their color all purple, orange, and green cauliflower demonstrates the same characteristics of the white cauliflower. The plant is made up of tightly packed cluster of florets, known as the "curd," that form from a single stalk, which produces green leaves that hug the base of the curd. The entire plant- floret, stalk, and leaves- is edible. Which color of cauliflower is your favorite?