

Cauliflower

It might not be the prettiest flower, but at least it's edible!



Try it!
Although very mild in flavor, try to identify the sweet and nutty taste in this crunchy treat!

Veggie
FUN!



Fun Facts:

- Cauliflower is an actual flower!
- It will turn yellow if it grows in the sun.



Nutrition

Cauliflower provides you with more Vitamin C than oranges! This helps your immune system to keep you from getting sick. It also gives you strong bones and teeth.

