



Orange Cauliflower

Today you will get to try orange colored cauliflower from California. The common variety cauliflower that we often see are white in color; however, they also come in green, purple, and orange. Cauliflower grows above ground in a compact clusters called florets and surrounded by leafy greens; the head-like shape is called the “curd”. They prefer cooler temperatures and a lot of space to grow and they are available year-round. The outside of the orange cauliflower is a bright orange while the stem and core are a creamy-orange color. The entire vegetable (floret, leaves, and stock) is edible and can be eaten raw or cooked. Orange cauliflowers have a mild, sweet, nutty flavor which is amplified when roasted!



Fun Fact: The first orange cauliflower was discovered in 1970 in the Bradford Marsh, north of Toronto Canada!

Body Benefits: Orange cauliflower offers vitamin C, potassium and folate to help you grow up strong and healthy!

Orange cauliflower belongs to the **Vegetables group** on *MyPlate*.

Goal of 60 minutes Physical Activity every day: Hopscotch! Use chalk or tape and make multiple different hopscotch games.

****Make a goal to drink at least six glasses of water every day and stay hydrated!**



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