



HOLLAND MARSH CAULIFLOWER

FACTS

Cauliflower has a large head of snowy white florets, surrounded by large, edible green leaves. The cauliflower is a member of the cruciferous family. It developed (or evolved) from the early strains of cabbage along with Brussels sprouts and kale. Fresh cauliflower has a distinctive, mild flavour. It can be used on a vegetable tray, in salads or used as an ingredient in stews, soups or baked dishes.

Health Benefits: Cauliflower is a good source of Vitamin C and a source of Vitamin B6, Folate and Vitamin K.

Number of acres farmed in the Marsh annually: 69 acres