

Rainbow Cauliflower

Look:

The vibrancy of the purple, orange, and green cauliflower coloring is not an indication of the freshness and will vary depending on sunlight and growing techniques.

Taste:

Rainbow cauliflower tastes similar to white cauliflower with a slightly sweet and nutty flavor.

Touch:

The clustered floret tops of rainbow cauliflower are textured and bumpy. The white flesh underneath has a crisp snap-like consistency.



You can prepare rainbow cauliflower many ways!

Boiled

Steamed

Sauteed

Roasted

Grilled

Did you know?

Cauliflower means "cabbage flower" because it is a flower that has not fully developed!



Nutritionals

Orange Cauliflower is an excellent source of :

Beta-Carotene

Purple & Green Cauliflower are an excellent source of :

vitamin C

All Rainbow Cauliflower is a good source for:

Fiber

Calcium

Folate

Potassium

Vitamin A

garden cut