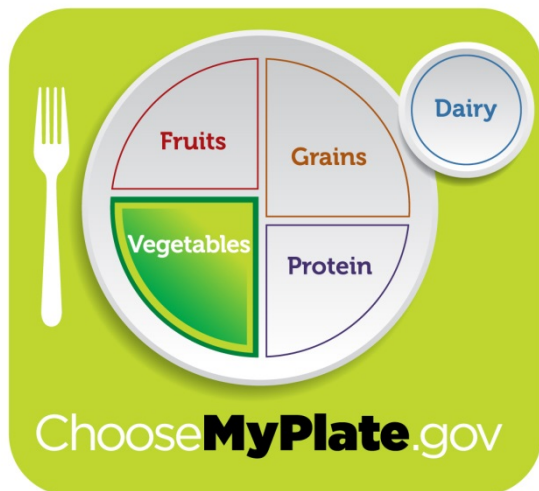


Green Cauliflower



I would guess that you have tasted white cauliflower. Did you know that it comes in other colors too? Today you will try green cauliflower. Cauliflower also comes in purple, orange, green and yellow. What makes cauliflower different colors? Genes in the plant create different vitamins. The vitamins in the plant cause the different

colors. A rainbow of colors on your plate helps you get the things your body needs to grow healthy.

Is green cauliflower just broccoli? No, green cauliflower is produced when broccoli and a white cauliflower are cross pollinated. The little green round part on broccoli is actually sprouts. Sprouts are a bunch of tightly curled together leaves, like a head of cabbage. In all cauliflowers, the tips are part of the stem and never form a true sprout. Which one is broccoli and which one is green cauliflower?



Green Cauliflower



Broccoli



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