



Know What You Grow!



Cauliflower

Scientific Name: *Brassica oleracea*
var. botrytis

Recommended Varieties:

- Amazing Taste, Renee's
- Snow King (AAS)
- Snowball Y
- Snow Crown (AAS)

Common Pest(s):

Cabbage loopers, armyworms, snails and slugs, aphids, downy mildew and sunburn.

To prevent sunburn tie outer leaves around head with twine when they are 3 inches in diameter, harvest in 4 to 7 days.

Master Gardener Handbook

Photos: Creative Commons

Growing Information

Cool Plant

Cauliflower is a cool season crop with distinct temperature requirements for producing a curd (the edible immature flower buds). Optimal temperature range for growth and development is 65° to 85° F during the day.

Ideal Planting Window

Inland Valley – July - August

Desert – August - September

Growing Guidance

About 4 to 6 weeks before last frost, sow groups of 2 to 3 seeds 12 to 18 inches apart and 1/4 inch deep in well-drained, fertile soil in full sun. Tend to carefully and thin to 1 strong seedling per group when several inches tall. Proper thinning is critical for successful heads.

[Renee's Garden](#)

[Ucanr.edu](#)



Interesting Facts

Cauliflower is well named because it really is a flower. The part that we eat consist of a cluster of flower heads. If left alone, these flowers would eventually develop seeds. The flower heads grow out of a cabbage like plant.

It is one of several vegetables in the species *Brassica oleracea*, in the family *Brassicaceae*. It is an annual plant that reproduces by seed. Typically, only the head (the *white curd*) is eaten. The cauliflower head is composed of a white inflorescence meristem. Cauliflower heads resemble those in broccoli, which differs in having flower buds. Its name is from Latin *caulis* (cabbage) and flower, *Brassica oleracea* also include broccoli, brussels sprouts, cabbage, collard greens and kale, thought they are of different cultivar groups.

Cauliflower is considered a “super food”. Scientists believe it has compounds that can prevent or fight cancer, improve heart health and even maintain brain function. In other words, eating cauliflower just might make you healthier and smarter!

[Easy Science for Kids](#)

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Contact Information



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Nutritional Information

Nutritional Value

Here is an overview of the nutrients found in 1 cup, of raw cauliflower: Calories: 25, Fiber: 3 grams, Vitamin C: 77% of the RDI, Vitamin K: 20% of the RDI, Vitamin B6: 11% of the RDI, Folate: 14% of the RDI, Pantothenic acid: 7% of the RDI, Potassium: 9% of the RDI, Manganese: 8% of the RDI, Magnesium: 4% of the RDI, Phosphorus: 4% of the RDI.

[Healthline](#)

Recipe: Roasted Cauliflower



Ingredients:

- 1 large head cauliflower
- 2 Tbsp. olive oil
- 1 Tbsp. garlic (minced)
- 3/4 tsp. sea salt (or kosher salt)
- 2 tablespoons lemon juice
- Dash freshly-ground black pepper

Prepare:

Preheat oven to 425 F.

Cut cauliflower into florets of roughly the same size. Toss with olive oil and garlic.

Spread out in an even layer on a sturdy baking sheet. Sprinkle with sea salt. Roast 10 minutes, turn and roast another 5-15 minutes, until cauliflower is browned and tender.

Squeeze lemon juice over cauliflower. Taste, and add salt and pepper, if necessary, and serve.

[The Spruce Eats](#)