



# Gleaning Cauliflower



**farmers Against Hunger**



## Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

**Nutrition Facts:** 1 Cup Cauliflower, **Protein:** 2 g, **Fat:** .3 g, **Carbohydrates:** 5 g, **Fiber:** 2 g, **Sugar:** 2 g, **Calcium:** 24 mg, **Magnesium:** 16 mg, **Potassium:** 320 mg, **Vitamin C:** 52 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

**Recipe:** Creamy Cauliflower Soup

**Season:** Fall

**Ingredients:** 4 Cups milk, salt and pepper to taste, 1 head of cauliflower, core removed and broken into florets, ½ an onion, cut into slices, 8 fresh thyme sprigs, ½ Cup butter, 1 bay leaf, extra-virgin olive oil

**Instructions:** 1. Pour the milk into a large saucepan with a pinch of salt. Over medium heat, bring to a simmer. Add the cauliflower, onions, thyme, butter and bay leaf. 2. Cover and cook at a low simmer for 15 to 20 minutes or until the cauliflower is very soft. Remove the thyme and bay leaf. 3. Let the soup cool slightly, then pour half into a blender and puree, making sure to let the steam vent. Repeat with second half. 4. Pour the soup back into the pan. Add a drizzle of olive oil and more salt and pepper if desired.

## Fun Facts:

- ★ The most common color of cauliflower is white, but it can also be purple, green, orange and yellow!
- ★ Cauliflower is part of the cruciferous vegetable family, which also includes broccoli, Brussels sprouts, kale and cabbage.
- ★ Cauliflower originated in Asia Minor, but was first cultivated in Turkey.
- ★ Cauliflower can grow up to 30 inches in both height and width!

Source: [www.softschools.com/facts/plants/cauliflower\\_facts/673](http://www.softschools.com/facts/plants/cauliflower_facts/673)

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