

Dilgard Produce



PRODUCT DESCRIPTION

Cauliflower Florettes

Pk/Size

1, 6 LB

Dilgard #

P04982

Cauliflower Facts:

Like broccoli, cauliflower too is made up of tightly clustered florets that are begun to form but stopped at bud stage. This cool-season vegetable prefers fertile rich adequate moisture in the soil to flourish. To keep the flower heads creamy white, they should be protected from sunlight. This is done by tying the close-by leaves together over the heads when the heads are the size of a quarter. Over-maturity makes the heads get loose and grainy surfaced, and lose much of their flavor and tenderness. Fresh cauliflower is an excellent source of **vitamin C**; 100 g provides about 48.2 mg or 80% of daily recommended value. Vitamin-C is a proven antioxidant helps fight against harmful free radicals, boosts immunity and prevents from infections and cancers.