



IDEA Child Nutrition Program FEBRUARY 2023 Harvest of the Month

CAULIFLOWER VARIETIES

Amazing Cauliflower



These can be considered the "original" cauliflower! Cauliflower remains a creamy white color because the leaves shield the head from the sun.



Lavender Cauliflower



Purple cauliflowers bright color makes it a fun nutritious snack - perfect for dipping platters! They are full of vitamins and minerals.



FlameStar Cauliflower



These cauliflower have a pastel orange color and a mild, sweet, and nutty flavor.

CAULIFLOWER Fast Facts

Cauliflower was originally grown in Asia around the Mediterranean Sea and did not start growing in the US until the 1900s.

Cauliflower is actually a flower that has not fully developed yet.



Cauliflower is full of nutrients and a great source of vitamin C!

Cauliflower is related to broccoli, cabbage, kale, turnips, and Brussels sprouts.

IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2023-2023 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna
IDEA Bridge

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park
IDEA Burke

IDEA Eastside
IDEA Quest
IDEA Horizon Vista
IDEA Achieve



IDEA
Public Schools

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IDEA Child Nutrition Program FEBRUARY 2023 Harvest of the Month Recipe

Sticky Sesame Cauliflower



INGREDIENTS

- 1 Cauliflower head, cut into florets
- 1/4 cup of olive oil
- 1/3 cup of soy sauce
- 1/3 cup of honey
- 1/4 cup of rice wine vinegar, or white vinegar
- 1 Tbsp. chopped garlic
- 1 1/2 tsp. sesame oil
- 1/2 tsp. ginger powder
- 1 1/2 tsp. cornstarch
- 1/4 cup of water
- Sesame Seeds for garnish
- Diced green onions for garnish

STEPS

1. Preheat oven to 450F
2. Line a baking sheet with parchment paper and spray with cooking spray.
3. Place cauliflower in a large bowl and toss with olive oil.
4. Place cauliflower evenly on a baking tray. Place in preheated oven
5. Roast for 10 minutes. Stir and roast for another 10 minutes. Remove from oven.
6. Make the sauce! In a medium saucepan, combine soy sauce, honey, garlic, vinegar, sesame oil, and ginger. Bring to a boil over medium heat, stirring to ensure sauce doesn't burn.
7. Lower heat to low.
8. In a small bowl, mix the cornstarch and water. Slowly add to sauce while whisking. Cook for 2 more minutes until thick and glossy. Remove from heat.
9. Place cauliflower in a large bowl and pour sauce over the cauliflower. Gently stir to coat the cauliflower.
10. Sprinkle with Sesame Seeds and Green Onions (optional)

Serving Suggestion: Delicious over steamed rice!

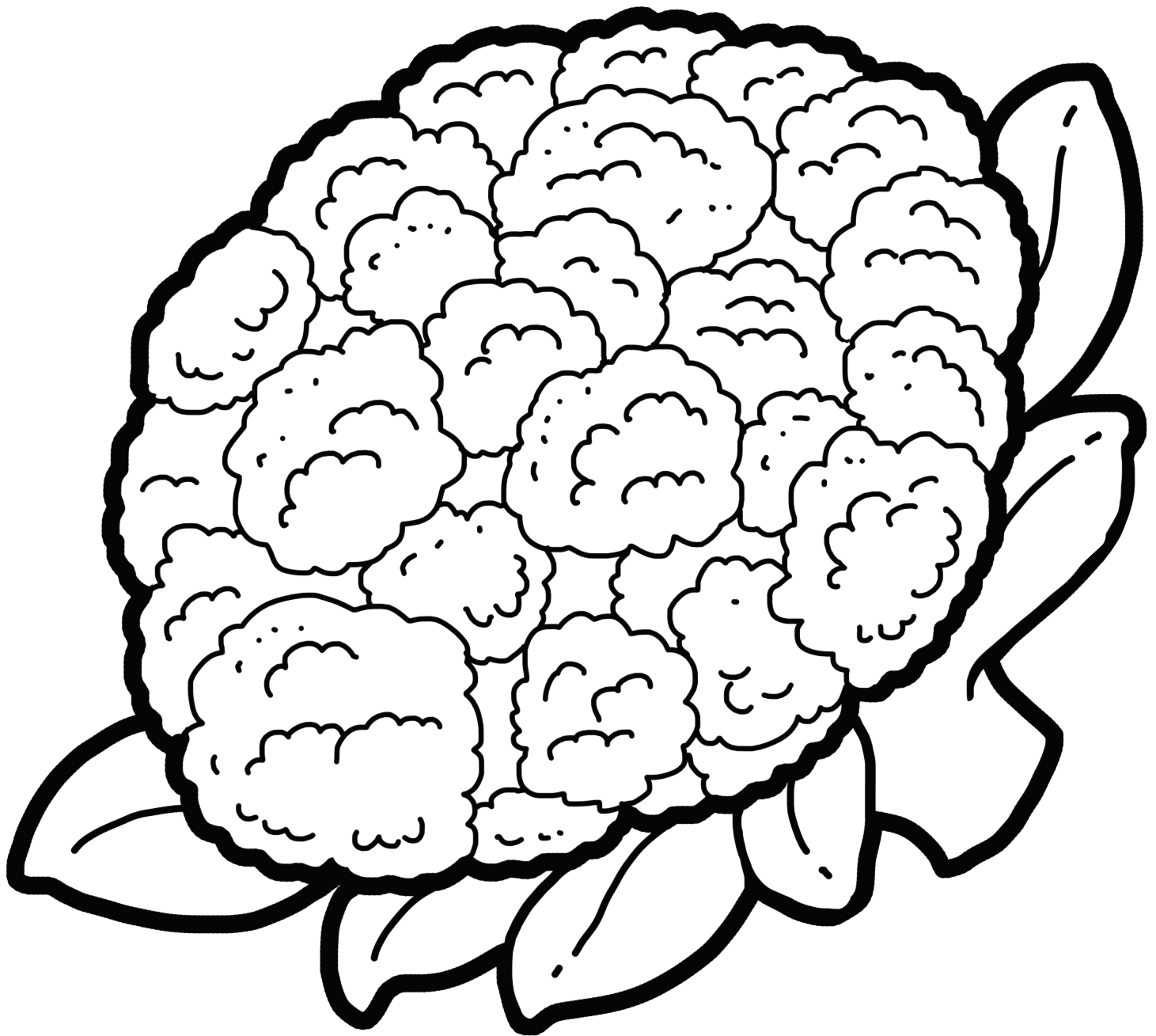


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Coloring Activity



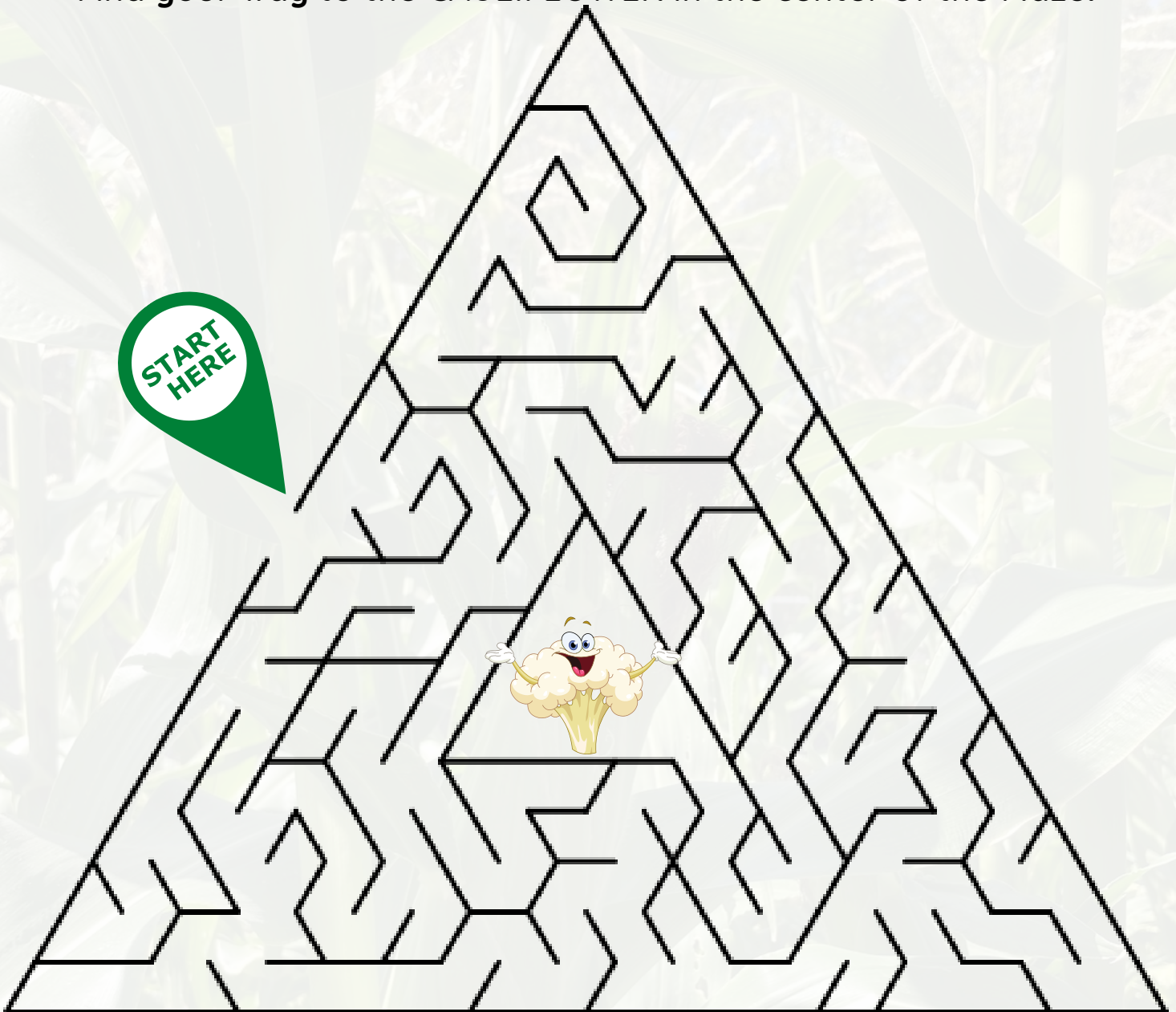
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IDEA Child Nutrition Program FEBRUARY 2023 Harvest of the Month

Maze

Directions:
Find your way to the CAULIFLOWER in the center of the Maze!



Esta institución es un Proveedor de Igualdad de Oportunidades.



IDEA Child Nutrition Program FEBRUARY 2023 Harvest of the Month

Word Scramble

Directions:
Unscramble the CAULIFLOWER Related Words!

Scrambled Word

Unscrambled Word

1. IARECLWOUFL

2. TESUQ

3. DERVAANL

4. IZAAMGN

5. BYRAUEFR

6. HTREAVS

7. FMARALSTE

8. RFEIB

9. NNDATIAXTOI

10. RAEVIEITS

11. NIUSTRETN

12. ILUCEIOSD

ANSWER KEY

1. CAULIFLOWER
2. QUEST
3. LAVENDAR
4. AMAZING
5. FEBRUARY
6. HARVEST
7. FLAMESTAR
8. FIBER
9. ANTIOXIDANT
10. VARIETIES
11. NUTRIENTS
12. DELICIOUS



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Word Search

Directions:

- Find the CAULIFLOWER related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

CAULIFLOWER
QUEST
FARM
VARIETY

LAVENDAR
AMAZING
FEBRUARY
HARVEST

FLAMESTAR
FIBER
DELICIOUS
NUTRIENTS

T	Q	V	D	G	Z	V	B	K	R	R	J	Y	L	O	S	P	E	O	R
S	B	A	P	Z	N	N	T	A	E	G	K	A	R	V	E	F	W	W	G
E	K	R	R	D	F	C	T	W	G	U	V	N	Q	A	Y	F	P	P	E
V	G	I	D	V	E	S	O	G	M	E	Z	Y	J	X	U	B	A	N	G
R	H	E	O	U	E	L	E	M	N	X	Q	U	E	S	T	R	U	R	G
A	Z	T	F	M	F	N	I	D	S	R	Z	I	N	T	Y	G	B	R	M
H	S	Y	A	I	T	L	E	C	B	Y	J	R	U	J	Z	W	A	E	L
A	Z	L	L	Z	G	R	C	N	I	M	A	J	T	O	B	J	Q	I	F
Y	F	U	H	W	Y	T	Y	I	V	O	T	A	R	O	M	Q	M	T	I
R	A	K	X	Q	U	C	M	D	C	G	U	F	I	X	E	O	H	I	C
C	F	F	L	L	E	S	P	C	S	I	J	S	E	D	A	L	N	Y	W
C	G	T	F	I	B	E	R	M	X	C	J	O	N	I	E	X	K	J	Q
S	A	H	G	N	I	Z	A	M	A	V	G	H	T	B	O	M	I	V	P
L	E	W	B	J	K	T	L	J	H	T	S	C	S	W	Z	Q	E	X	G
Z	L	Z	X	O	F	K	U	I	I	J	K	N	U	T	B	X	N	L	D



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