Cruciferous

Cruciferous vegetables are members of the Brassicaceae family.
CABBAGE, BROCCOLI, CAULIFLOWER

Cruciferous vegetables are often known for their distinct odor when cooked by certain methods, but cooking with less water and lower heat methods minimizes the smells and maximizes the nutrients.

Many vegetables evolved from the original wild cabbage, including broccoli, Brussels sprouts, cauliflower, kale, and kohlrabi.

Cabbage is in season in Georgia from October through July, while broccoli and cauliflower are in season in late fall through spring if properly protected in the winter months.

Cabbage is one of the top 10 vegetables produced in Georgia, per the 2019 Farm Gate Value Report.

South Georgia's climate allows for an extended broccoli growing season through the winter, while North Georgia's climate allows for broccoli to be grown into late spring.

Cauliflower can be a bit more challenging to grow in Georgia than the other members of this group, but its popularity is on the rise as it is used to create "steaks", "rice", and pizza crusts on menus.

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