February

Would you rather:

broccoli
OR
cauliflower

Cabbage is one of the top 10 vegetables produced in Georgia.

When was the last time you ate cabbage?

February

Did you know cauliflower is now popular to make into a “rice” or cook as a “steak”?

What do you think about these newer recipes for cauliflower?

February

Cruciferous veggies grow in many different colors.

When veggies are the same color, what do you think that means about them?

February

Do you know how cruciferous vegetables grow? Broccoli and cauliflower grow above the ground as flowering heads on a stalk. Cabbage grows above the ground with leaves that form a head.