



Have you ever heard of the word “cruciferous”?

What do you think it means?



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?



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?



Cruciferous veggies grow in many different colors.

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



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.

