

# ALL THE COLORS OF Cauliflower?

Cauliflower comes in many colors, including **White**, **Orange**, **Purple**, & **Green**. The most common variety is White, but Colored Cauliflower can be even tastier to snack on. All Cauliflower Varieties are picked in "Heads" and are encased in protective leaves.

Can you Color this Cauliflower to Match the Name?



**Orange Cauliflower** contains 25 times more Vitamin A than White variety. Orange Cauliflower is used in many recipes around the world because most believe it tastes the best of all colors.



**Green Cauliflower** is sometimes called "Broccoflower" because it is a cross between Broccoli and Cauliflower. There are two types of Broccoflowers, the other is called Romanesco.



**Purple Cauliflower** gets its color from its antioxidant content, much like red Cabbage. If you cook Purple Cauliflower, it will lose its Purple hue and turn more Green.