



Cauliflower



NUTRITION:

Cauliflower is a good source of Vitamin C and potassium.

HOW TO SELECT:

Select white or creamy-white, very fresh heads which are firm and compact.

FREEZING:

This is the preferred method to preserve cauliflower. Wash and trim. Split heads into pieces 1 inch across. If it is necessary to remove insects, soak 30 minutes in salt brine (4 tsp salt to 1 gallon of water). Rinse and drain. Blanch 3 minutes in boiling water. Allow 1 gallon of water per pound of cauliflower. Cool for the same length of time in ice water. Place in plastic freezer containers or freezer bags. Squeeze out as much air as possible, then seal. Label and date packages, then freeze.

CANNING:

Pressure canning is not recommended because the product will be soft and off colored. There are no processing times available from the USDA.

DEHYDRATING:

The quality when dried is poor to fair. Wash flowerets and remove from core, splitting stems so flowerets are not more than 1 inch thick. Water blanch 3 to 4 minutes in a vinegar solution of 1 tablespoon vinegar per 1 gallon of water. Drain. Dry at 140 degrees F until brittle. Chop dried cauliflower to add to soups. To lighten dried cauliflower when rehydrating, add a teaspoonful of lemon juice per cup of water.

PICKLING:

**WATER BATH CAN
PICKLED CAULIFLOWER**

12 cups of 1 to 2 inch cauliflower florets	2 tbsp mustard
4 cups white vinegar (5%)	1 tbsp celery seed
2 cups sugar	1 tsp tumeric
2 cups thinly slices onions	1 tsp hot red pepper flakes
1 cup diced sweet red peppers	

Wash cauliflower florets and boil in salt water (4 tsp canning salt per gallon of water) for 3 minutes. Drain and cool. Combine vinegar, sugar, onion, diced red pepper, and spices in large saucepan. Bring to boil and simmer 5 minutes. Distribute onion and diced pepper among jars. Fill jars with pieces and pickling solution, leaving 1/2 inch headspace. Adjust lids and process in a boiling water canner for 10 minutes.

For more information call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

**HANDOUT DEVELOPED BY: WSU Master Food Preservers
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