



Eat, Learn, Sell – Eating by Example – 04.17.15

Cauliflower - Cauliflower is of the *Brassica* species and a member of the cruciferous family. Truly a flower that has undeveloped florets attached to a single stem that form a compact head called a *curd*.



Cauliflower has a slightly nutty flavor and is delicious when grilled or roasted. Even though the florets are the most commonly prepared part of the vegetable, the entire stem is edible too. Cauliflower is high in both fiber and vitamin C, with a half cup of florets providing nearly half of one's daily requirement for vitamin C. It also contains a fair amount of vitamin A, folate, calcium and potassium as well as selenium, which works with Vitamin C to boost the immune system. Cruciferous vegetables such as cauliflower are touted for their high levels of cancer-fighting phytochemicals known as glucosinolates.

This vegetable is also found in different colors with very similar flavors:

- **Purple** Cauliflower contains anthocyanins (also found in blood oranges, red cabbage and red wine) and these antioxidants add to the plant's culinary value.
- The first variety of **orange** cauliflower was identified in 1970. Because of its high content of beta carotene, orange cauliflower's vitamin A content is 25 times higher than white cauliflower. Also called cheddar cauliflower because of its annatto-like color.
- **Romanesco** – This vegetable's structure has been studied by avant-garde architects as a guide for new models of buildings (it's sometimes called fractal broccoli). While sometimes called a broccoli, Romanesco IS a type of heirloom cauliflower; definitely tastes like cauliflower and benefits from the same preparations.
- **Green** - It is a hybrid of cauliflower and broccoli, both are members of the species *Brassica oleracea*, making them fully cross compatible. The cross is easily made by hand pollination or natural pollinators. Green cauliflower can also be found under the name broccoflower or cauliflower broccoli.



Pakistan Mulberries

There are a number of different varieties of mulberries and they have different sugar and water levels. The Pakistan mulberry is one of the first to be available in the spring. The Pakistan mulberry, while similar to the Persian mulberry is a separate species. It is elongated in shape, usually three inches long, and dark purple in color with a green stem. The fruit is mild, boasts a unique sweet and spicy flavor, with balanced acidity.



Mulberries grow on fast-growing trees and are available in a number of shades of red and purple. They are also found in a white color (pictured left). While called a berry, this is actually a collective fruit coming from a central stem.

Mulberries can be an adequate source of protein, a rarity in the fruit kingdom. They are also a good source of magnesium, potassium, riboflavin, iron, calcium, vitamin C, and fiber. One of the mulberry's greatest health assets is its high concentration of *resveratrol*, an antioxidant currently being studied for its effects on heart health (also found in red wine).

The Persian mulberry (pictured right), available later in the season, is much smaller and more moist than the Pakistani mulberry. The Persian mulberry needs to be eaten almost as soon as it's picked.



The Pakistan Mulberry is sweet with a mild raspberry-like flavor and subtle richer overtones. They are the sweetest when they are very dark and become "dull" (when they lose their glossy shine).

It is not quite as tart as a raspberry and a bit less juicy. As a comparison, the Pakistan Mulberry is firmer and dryer than the Persian Mulberry, which makes it less messy/easier to handle; and it will ship longer distances with a better arrival. Another major plus for this fruit is that there are no crunchy seeds to get stuck in your teeth like a raspberry.

The berry can be eaten whole. However, there is a stringy central core to the fruit which is edible but does not add much value to the taste. Therefore, some people like to strip the berry clean of the central core by pulling the fruit through their teeth and discarding the core.

INTERESTING FACT – Mulberry leaves are one of the primary foods for the silkworm.