

FARMER IN THE FIELD



CAULIFLOWER IS NOT JUST WHITE ANYMORE

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Growing up the only cauliflower I ate was white, usually boiled and boring. Today, thanks to some ingenious scientists and the Food Network, cauliflower is anything but boring. We now have “rainbow cauliflowers” to choose from. Besides the traditional white, there are now green, orange and purple varieties available. No, they didn’t get their beautiful gem colors from genetic engineering but came after decades of traditional selective breeding. But color isn’t the only thing they bring to the table. Although the flavor is basically the same the nutritional values are not. The orange cauliflower has higher than normal levels of beta carotene, a form of vitamin A that encourages healthy skin. The purple color comes from anthocyanin, commonly known as antioxidants, which may help prevent heart disease by slowing blood clotting.

There is one drawback to cooking purple cauliflower, the color has a tendency to leach out when cooking. If you were to throw it into a pot of boiling water you will end up with a pot of purple water along with a whole lot of lost antioxidants. So my recommendation would be if you’re not going to eat it raw, saute your purple cauliflower in olive oil and hit it with a shot of chicken broth at the end and steam it til fork tender. Or try a purple cauliflower soup! How about a cauliflower gratin using orange cauliflower? Let your imagination run wild and have fun.