

# Cheddar Cauliflower



## *Brassica oleracea* 'Cheddar'

- **Use:** Not only is this Cauliflower lovely, it's also good for you! This amazing new Cauliflower is the most attractive and good-for-you variety yet, and you'll want a big planting in the garden this season! Only carrots have more beta carotene than this spectacular hybrid, so if you're looking to increase your vitamin A intake, here's a delicious way to do it! And even if you're not, who can resist the allure of these attention-getting florets? They keep their orange color even after cooking, so imagine what fun you can have "designing" them into delectable dishes or just cutting them raw for snack trays and salads!
- **Exposure/Soil:** Plant in full sun. Prefers moist, but not wet soils. Transplant into soil rich in humus or compost that has been adjusted to a pH of 6.5-7.
- **Growth:** Space plants 6-8" inches apart in the row, and space rows three feet apart. The heads average 4-6" across. 68 days from setting out transplants in the garden.
- **Hardiness:** A cool-weather crop, it can be grown in spring and fall everywhere, and even in winter in mild-weather areas. We recommend using a frost cloth to protect from hard freezes.
- **Foliage:** Not typically eaten.
- **Flower:** The domed heads measure about 4 to 7 inches wide and are very heavy, arising on vigorous plants. For best orange color, keep the heads untied during growth. Cheddar is just as easy to grow as other Cauliflower, and you'll be delighted with the dense texture and rich flavor!

**Cauliflower Tip**  
**No, it doesn't contain cheese -- but it DOES have 25 times the beta carotene of regular white Cauliflower, for extra nutrition in every bite!**

**We recycle empty pots and trays!**

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