

Subject: October Newsletter

Hello and thank you for participating in the Griffin Hospital Produce Prescription Program!

Each month, we will send you a newsletter with a seasonal produce item that should be affordable, and you can often find locally grown at your local grocery store. Hope you enjoy some affordable, healthy and easy recipes featuring this month's produce highlight.

In October (and year-round), you can find Cauliflower in the grocery store. Cauliflower (and broccoli) are flowering members of the cabbage family. Other cabbage family members include Brussels sprouts, cabbage, and turnips. Together, they are known as cruciferous vegetables. Cruciferous vegetables have many health benefits and like other fruits and vegetables are associated with less disease and better health.

Cauliflower is a great source of vitamin C, potassium and fiber.

When you are selecting a cauliflower, they should be solid, heavy, and unblemished, and should have fresh green leaves. You can sometimes find purple, green and orange cauliflower at the store, check those out! Cauliflower may be cooked whole or broken into flowerets (that look like little trees). When cooking cauliflower you can add milk or lemon juice to maintain the brightness. Recently, many people rice cauliflower and use it to add more veggies to rice dishes or reduce the carbohydrate intake. Cauliflower can be made into a variety of fun recipes.

Eating!

- Raw on it's own or with dip
- Steamed with spices or marinades of your choice
- Boiled longer for softer or shorter for crispier
- You can even cook a whole cauliflower and add seasoning (you might boil in veggie stock for more flavor). A whole cauliflower, about 1 1/2 pounds, will take 10 to 15 minutes. (Cook head down to keep underwater.) Cauliflower and broccoli flowerets will take 3 to 6 minutes. Broccoli stems will take 1 to 2 minutes longer than flowerets, so begin cooking them first.

Check out these recipe links that highlight Cauliflower:

- <https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/roasted-cauliflower>
- <https://snapedny.org/recipes/buffalo-cauliflower-bites/>
- <https://www.yummly.com/recipe/Roasted-Whole-Cauliflower-9024559>
- <https://masnaped.org/recipes/parmesan-yogurt-dip-with-carrots/> (try this dip with cauliflower too)

Don't forget that if you don't like what you see here, Diabetes.Org has this searchable recipe filter that lets you search recipes by a variety of features. You can search for recipes by cuisine/regional preference: <https://www.diabetesfoodhub.org/all-recipes.html>

As always, if you have any questions or need support, please reach out to our team!