

SPOTLIGHT ON PRODUCE

WHAT AM I?

Caulilini has long green stems with tiny white flowers growing in bunches at the tops. The heads are firm, with a few large, cabbage-like leaves growing around them.

HOW DO I GROW?

Caulilini grows from the ground. Its long stems make harvesting easy!

NUTRITION FACTS

The caulilini is high in potassium and calcium. This vegetable can also boost your immune system and support your overall well being!

FUN FACT

You can eat all parts of a caulilini, from the stem to flower.

CAULILINI

