

Cauliflower

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Cauliflower has anti-inflammatory properties and helps reduce stress.

GEEK TALK

Brassica oleracea

BUT WE TALK

Fulghobhi, Fulkhobhi, Cauliflower

DID YOU KNOW?

Similar in appearance and closely related to the more well-known broccoli, cauliflower is another healthy cruciferous vegetable. Typically coming in white color, cauliflower also can come in orange, green and purple colors and its appearance when eaten is akin to a baby tree with a small stem and a flowery head.

The commonly eaten part of the cauliflower is the head itself which is on average around 6 inches in diameter, the leaves of the cauliflower although in fact edible are often discarded.

Cauliflower is available year-round but is known to be best in the winter months ranging from December to March. Cauliflower can be roasted, boiled, fried, steamed and eaten raw although, boiling it can sometimes spoil its texture, taste and even reduce its anti-cancer properties.

KITCHEN PHARMACY

Being from the cruciferous family of vegetables, cauliflower is believed to have great anti-cancer properties most specifically helpful in fighting prostate cancer. In addition, cauliflower has shown to be anti-inflammatory and a good way to reduce stress. It is even believed that cauliflower has great benefits for DNA repair. Lastly, cauliflower has been linked to potentially reducing risk for Crohn's disease, obesity, colitis, and type 2 diabetes

CONTENT PARTNER

