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June 2008 Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602

- **Have raw broccoli and cauliflower with dip**
- **Top baked potatoes with cooked broccoli florets**
- **Marinate cauliflower florets in Italian dressing overnight and drain before serving as a side dish**



Fruits and Veggies More Matters

Did you know?

Thomas Jefferson grew 22 varieties of cabbage at his Monticello estate.

(Blue Corn & Square Tomatoes, page 128)

Mark Twain said that cauliflower is “Nothing but a cabbage with a college education.”

(Blue Corn & Square Tomatoes, page 132)



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