



# *Together Gardens*

Welcome, to the Together Gardens - a Rowan Salisbury Schools Home Gardening Course! This course is supported by Horizons Unlimited and Rowan-Salisbury Career and Technical Education. This is designed to serve as a passion project to get you OUTSIDE and GARDENING!

*Lets Grow Together!*



# Cauliflower

Cauliflower does well growing in full sun, in rich, moist, well drained soil. Six or more hours of sunlight is great for the plant. Apply about 1 to 1.5 inches of water to the plants per week. You should space your cauliflower plants out about 18 inches apart for them to grow to their full potential. A mature head of cauliflower is white, firm, and compact. They will be ready to harvest 55 to 100 days after planting.

## Cauliflower Salad:

### Ingredients:

1 head of cauliflower, steamed or boiled until tender in bite size pieces  
6 boiled eggs (when done, peel eggs, rinse, and separate yolks into a bowl. Then mash the yolk and cut the whites into small bite size pieces.

Then blend)

1/3 cup miracle whip or mayo  
3 tablespoons mustard  
3 tablespoons pickle relish  
1/8 cup chopped onion (uncooked)  
salt/pepper to taste

Directions: Mix all together and you can garnish with egg slices and parsley. Then chill overnight.

## Roasted Cauliflower:

### Ingredients:

1 large head cauliflower, cut into bite size florets (about 7-8 cups)  
3 tablespoons extra virgin olive oil  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon garlic powder

\*Optional: 1 teaspoon yellow curry powder

Directions: Preheat the oven to 425°F. Line a baking sheet with foil and lightly spray with cooking spray. Add cauliflower florets and drizzle with olive oil. Sprinkle with seasonings and toss until evenly coated. Spread cauliflower out evenly so the florets aren't touching. Bake for 25-30 minutes OR until cauliflower are forked tender and the edges are slightly charred. Best served immediately.

## Companion Crop:

Broccoli is a good companion crop to cauliflower.

