

Graffiti Purple Cauliflower



To grow Graffiti Purple Cauliflower in Louisiana, plant seeds in August or September and harvest two months later. Cauliflower will not make a head if the weather is too warm and will only tolerate a light frost. However, weather permitting, this is one of the most beautiful vegetables to harvest and share on the dinner table.

The purple color is due to the presence of a subtype of flavonoid compound called “anthocyanins,” which have been reported to help regulate blood lipid, sugar levels and body weight, as well as help to lower risk for cancer. Cauliflower has a very low estimated glycemic load value, and therefore, it does not tend to raise blood sugar too high.



Nutrition Facts

Serving Size:
medium head cauliflower (500g)

Amount Per Serving	
Calories 117.6	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 147.1mg	6%
Total Carbohydrates 23.5g	8%
Dietary Fiber 11.8g	47%
Sugars 11.8g	
Protein 11.8g	
Vitamin A	0%
Vitamin C	529.4%
Calcium	11.8%
Iron	11.8%

* Percent Daily Values are based on a 2000 calorie diet.

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Source: www.healthyeating.sf.gate.com;
www.nutritionix.com; Peluso, 2018

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Recipe



Purple Cauliflower Hummus

Serves 6 to 8

INSTRUCTIONS

Position a rack in the middle of the oven and preheat to 400°F. Line a baking sheet with parchment paper. Peel off most of the papery outer layer from the head of garlic, but leave the head intact. Cut across the very top of the head to expose the cloves. Place the garlic on a sheet of foil and drizzle with 1 tablespoon of olive oil. Crumple the edges of the foil around the garlic to make a packet for roasting, and set aside.

In a medium bowl, combine the cauliflower, salt, and 2 tablespoons of the olive oil and toss until the cauliflower is well-coated. Spread the cauliflower on the lined baking sheet without overcrowding, and nestle the garlic packet next to the cauliflower. Roast the vegetables on the middle rack for about 40 minutes — the garlic may take about 10 minutes longer than the cauliflower to roast, so check its doneness (*it should be soft and spreadable*) before you take the cauliflower out of the oven.

Transfer the roasted cauliflower to a food processor. Add the remaining 2 tablespoons olive oil, lemon juice, and pepper to taste. Squeeze the roasted garlic out of its skins into the processor and then pulse until completely smooth and spreadable, 3 to 4 minutes. If it is still chunky after a few minutes of blending, try adding a tablespoon or two of water or a little more oil.

Serve with plenty of extra lemon wedges (*the lemon juice will turn the purple mixture hot pink*), salt, and pepper.

SOURCE: <https://www.thekitchn.com>

INGREDIENTS

- 1 whole head garlic
- 5 tablespoons olive oil
- 1 purple cauliflower (about 1 ¼ pounds), cut into florets
- ½ teaspoon fine sea salt
- 3 tablespoons lemon juice
- Freshly ground black pepper
- Lemon wedges, for serving

Grow It!



- Plant in the fall, late August or September.
- The garden area should receive full sun (6-8 hours of sun).
- The plants should be planted 18 inches apart in a raised bed or tilled in a ground garden with well drained fertile soil.
- After planted, the plants can be fertilized with organic or conventional fertilizer (*just once after planted, not needed again in the fall season*).
- 80 days until maturity then the cauliflower heads can be harvested.
- If the temperature goes below 32°F cover your cauliflower plants with a sheet or plant cover to prevent frost damage.



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