

Growing UP ...in Ontario!

CRISPY CAULIFLOWER!

Does cauliflower grow in Ontario?

Yes! Main varieties include Snow Crown, Polar Express, Andes, Freemont, Sierra Nevada, Majestic and White Rock.

How is cauliflower grown?

Cauliflower needs wet, heavy soil to grow. Once the cauliflower "heads" begin to form, its leaves must be tied around the white curds to protect them from frost damage. Once the curds are fully grown, the cauliflower can be harvested.

When is cauliflower available?

Look for Ontario grown cauliflower from June to November.



PICTURE THIS!

The pictures above show the lumpy surface that is unique to Ontario-grown cauliflower.

Don't forget to wash your hands before you eat!

Handwashing is one of the easiest and best ways to stay healthy and prevent spreading germs.

Source: Edible Toronto (2008); Foodland Ontario (2008)

SNACK FACTS!

- Cauliflower was first grown in North America in the late 1600s.
- A large head of cauliflower can weigh 3 pounds.

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PRODUCE POINTERS

- Cauliflower is most nutritious raw and has a mild flavour when fresh.
- Choose cauliflower with creamy white florets and fresh green leaves.
- Cauliflower is usually broken into small florets, but can be cooked whole.

Source: Foodland Ontario (2008); Fresh Vegetable Growers of Ontario (2007)

SNACK SCRAMBLE!

w n s o n w c o r _ _ _ _ _

a n e d s _ _ _ _ _

s j a m c i e t _ _ _ _ _

Hint: Varieties of Ontario cauliflower

m p l y u _ _ _ _ _

Hint: Describes the surface of cauliflower

Keep your balance!

Try to make healthy eating and physical activity a part of your daily routine. Use Animal Walks to get active! Move around the room acting as different animals. For example, bunny (hop), frog (jump), snake (slither), penguin (waddle), horse (gallop), etc.

Adapted from Everybody Move! Daily Vigorous Physical Activity resource (CIRA Ontario)



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Students:

How many servings of vegetables and fruit have you eaten today? Record your number here: _____

Parents:

Looking for easy ways to liven up your veggie side dishes? Watch for handouts like "Meal Appeal!" for tasty tips

Teachers:

Looking for a fun way to encourage the entire school community to eat more vegetables and fruit? Read about the Paint Your Plate! Challenge in section 2.7 of *Paint Your Plate! Create a Masterpiece* Vegetables and Fruit Action Guide for Schools.



For recipes and more information, visit:

- www.eatrightontario.ca
- www.foodlandontario.ca
- www.vhqfoods.ca