

Cauliflower

(*Brassica oleracea*)

Recommended Varieties

Snow King
Snowball 'Y'
Snow Crown

Disease Resistance

AAS

AAS

There are many Snowball selections from which to choose; Snowball Y is usually the most successful. Snowball A is an early producer. Cauliflower grows best in cool, fairly moist climates. Plants are ready for transplanting 8 weeks after seeding, or the crop can be direct seeded in the garden. Snowball may be grown as both a fall and spring crop and can produce good heads within 2 months after transplanting. Late varieties require 4 to 6 months and are not recommended for planting in most home gardens.

Avoid any condition that may check plant growth. Adequate moisture is essential. Good vegetative growth is very important for subsequent growth of the cauliflower head. Interference with rapid, uniform growth may cause premature development of the head. Such heads are smaller than usual. Cauliflower is the cole crop most sensitive to temperature. Stresses such as cold soil or air temperatures in the spring, lack of fertility, water stress, insect damage, disease, and using transplants with poor root growth or root-bound before transplanting can result in buttoning. Varieties that mature a short time after transplanting are more susceptible to stress than varieties that require a longer period to mature. Properly grown transplants, adequate fertility, regular irrigation and good insect and disease control help to ensure a successful crop. Premature heading in cauliflower is more frequent in home gardens than in commercial plantings, but it can occur there, too.

As the heads enlarge, they may become exposed to the sun and discolor. Avoid this by folding the leaves over the heads or by tying the leaves together to protect the developing curd from the sun. Harvest when the heads are of good size, usually 5 to 6 inches in diameter and still compact. As the heads become overmature, they tend to segment or spread apart and the surface becomes fuzzy.

It is best not to plant cole crops (cabbage, broccoli, cauliflower, and brussels sprouts) in the same spot year after year, since diseases and insect pests will build up. Rotate crops within your garden.

Nutritional Value of Cauliflower

Serving size:	1/2 cup, raw	<u>Primary Nutrients</u>	<u>%RDA(m)</u>	<u>%RDA(f)</u>
Calories	12	Vitamin C	36 mg	60
Fat	0.1 g	Folic Acid	33 mcg	17
Calories from fat	4%	Vitamin B6	0.12 mg	6
Cholesterol	0			
Sodium	7 mg			
Protein	1.0 g			
Carbohydrate	2.5 g			
Dietary Fiber	1.2 g			
				<u>% Min Requirement</u>
		Potassium	494 mg	25

Problem Diagnosis for Cauliflower

What the Problem Looks Like	Probable Cause	Comments
Head cracking. Leaves may grow through head	Excess nitrogen fertilizer	Fertilize properly.
	Hot, dry weather	Plant so crop develops in mild or cool weather. Do not let soil dry out.
Heads yellow or brown instead of white.	Sunburn	When head is 3 inches in diameter, tie outer leaves around head with twine. Harvest in 4 to 7 days.
Poor heading	Overcrowding	Thin plants early.
	Dry soil	Irrigate properly.
	Root rot	Rotate; remove old plant debris.
Irregular holes in leaves. Chewed leaves. Small seedling plants destroyed.	Caterpillars (cabbage loopers, armyworms) Snails, slugs	<i>Bacillus thuringiensis</i> is very effective.

Problem Diagnosis for Cauliflower (continued)

What the Problem Looks Like	Probable Cause	Comments
Small holes in leaves growing points in young plants. Loose cocoons about 1/3 inch long on leaves.	Diamond back moth caterpillar	<i>Bacillus thuringiensis</i> is very effective. Older plants damaged. Destroy weeds (mustard type) before planting.
Deformed, curled leaves. Colonies of gray-green insects on leaves. Sticky honeydew.	Aphids	Use insecticidal soap spray. Control ants with sticky barrier or insecticide. Encourage beneficials.
Distorted leaves turning brown. Wilted plants.	Harlequin bug	Insects suck fluids from plant tissue. Handpick bugs and egg masses. Remove old, nonproductive cole crops -- wild radish, mustard - since they're alternate hosts.
Tunnels through roots. Plants fail to grow, may wilt, die. Feeding tunnels in germinating seedlings, which fail to produce plants.	Cabbage maggot	Prevent infestation. No practical control when maggots occur on growing crop. See Problem Diagnosis for Cabbage.
Stunted, wilted plants. Leaves yellowish-colored. Small, glistening white specks on roots.	Cyst nematode	Rotate. Do not plant cole crops on same site year after year.
Wilted plants. Swollen, misshapen roots. Roots rot; plant dies in later stages.	Clubroot Caused by the fungus <i>Plasmodiophora brassicae</i>	Common in acid soils. Add lime if pH below 7.2. Rotate for at least two years.
Irregular, yellowish areas on upper leaf surface; grayish powder on undersides.	Downy mildew	Improve air circulation. Tolerate ft. Plant resistant varieties.

Problem Diagnosis for Cauliflower (continued)

What the Problem Looks Like	Probable Cause	Comments
Heads suddenly split	Improper watering. Sudden, heavy watering after prolonged dry period results in too rapid growth and heads crack.	Do not allow soil to get too dry. If it does get too dry, apply water slowly at first. Prune roots to reduce water uptake and slow growth.
Bolting	Physiological disorder	Plant at right time.
Heads soft and rotted	Bacterial soft rot	Rotate; plant in well-drained soil.
Leaves riddled with shotholes	Flea beetles	Control weeds. Use rotenone with insecticidal soap.