

【Cauliflower】 Enjoy its crispy texture and sweetness

Now in season

Mar. Apr. May. Jun. Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



Cauliflower is thought to have originated from around the Mediterranean coast and to be a mutated form of broccoli! It will change color if exposed to too much sunlight, so it is carefully cultivated by covering the vegetable with cut leaves to block the sunlight!



Nutritional Content



● Vitamin C, vitamin K, folic acid, dietary fiber, etc.

The vitamin C contained in the buds is characterized by minimal loss from heat. Vitamin C enhances the absorption of iron, so eating cauliflower with foods rich in iron can help to prevent and improve anemia.

Reference websites:

Cauliflower (Minato's Large Dictionary) / "Differences between Broccoli and Cauliflower (VEGEDAY KAGOME) / Food Composition Database (Ministry of Education, Culture, Sports, Science and Technology)

Reference: "Definitive Guide to Ingredients for the Body." NHK Publishing, Nov. 2018

How to Choose and Store

- No scratches or discoloration. / Outer leaves have a firm texture.
- The buds are tightly packed and have substantial weight to them.
- To store, boil the cauliflower until still firm before it loses freshness, then freeze or refrigerate.



Recommended Dishes



Cauliflower salad



Cauliflower soup with soy milk



Boiling whole until still firm and then dividing into florets helps to retain more vitamin C and to prevent the florets from falling apart.

[Note] The prime season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website
(English version)!

The website is available in English. Please be sure to read it.



Click "English"
at the bottom of the homepage.
<http://www.sonykenpo.or.jp/>

