

Try Me!

WHITE

CAULIFLOWER, DAIKON, GINGER,
KOHLRABI, MUSHROOMS, PARSNIP

CAULIFLOWER

→ Cauliflower can be traced back to 600BC where it was an important vegetable in the Mediterranean region.

→ In France it is called “cho fleuri”.

→ One cup of boiled cauliflower provides 75% of the recommended daily allowance of Vitamin C.

→ The “curd” is eaten most, however, the stems and leaf are also edible.

→ Mark Twain said, “Cauliflower is nothing but a cabbage with a college education.”

→ Choose cauliflower with white, compact curd, not separated. The freshest heads are surrounded by thick green leaves.

DAIKON

→ Daikon is a type of radish used in Asian cooking. It is native to Japan.

→ Daikon is one of the ingredients in the traditional Korean specialty kimchi.

→ Daikon has a strong, pungent taste with a little bite. It is milder than red radishes.

→ Most people prefer to juice this vegetable.

→ The greens on the top of the daikon rob it of its nutrients, to prevent this, remove the greens after purchase.

→ To store, wrap tightly in plastic and refrigerate up to a week.

GINGER

→ Ginger is thought to have originated in the Himalayan foothills of Northern India. It is now grown all over the world.

→ Ginger grows to about 1 meter in height. It has thin, grass-like leaves and yellow flowers.

→ Anti-inflammatory properties of ginger may help a migraine. Mix a 1/2 teaspoon of ginger powder in water at the onset of a migraine.

→ Ginger’s healing properties have been known to help cure an upset stomach.

→ Boil ginger root slices in water with lemon or orange juice plus honey to help relieve a common cold, cough, or sore throat.

→ Ginger can last up to three weeks in the refrigerator unpeeled.

NUTRITION INFORMATION

CAULIFLOWER

Calories: 29 (1 cup) Fat: 0g
Vitamin B6, C, K, Protein,
Thiamine, Potassium

DAIKON

Calories: 16 (1 cup) Fat: 0g
Vitamins B6, C, Folate,
Riboflavin, Thiamin

GINGER

Calories: 80 (1 cup) Fat: 1g
Vitamins B, Potassium,
Manganese, Copper

KOHLRABI

Calories: 40 (1 cup) Fat: 1g
Vitamins B-6, C, Niacin, Iron,
Calcium, Potassium

MUSHROOMS

Calories: 15 (1 cup) Fat: 0g
Vitamin B, D, Riboflavin,
Copper, Niacin, Potassium

PARSNIPS

Calories: 100 (1 cup) Fat: 0g
Vitamins C, Protein, Calcium,
Iron, Folic Acid, Potassium

KOHLRABI

→ Kohlrabi is also known as the German turnip or turnip cabbage. It has a sweeter, milder taste than a turnip.

→ Drinking kohlrabi juice after you exercise may help with muscle recovery. Try mixing it with apple juice.

→ Kohlrabi is rich in Vitamin C. One cup has 102% of the recommended daily allowance.

→ Kohlrabi is best November through March. Choose vegetables that are medium-size and feel heavy for their size.

→ Try mixing it with other vegetables in salads or stews.

MUSHROOM

→ Ancient Egyptians believe that the delicious flavor of mushroom intrigued the pharaohs of Egypt, so, they were deemed only for royals and commoners could not eat them.

→ Other civilizations believed that mushrooms gave you superhuman strength.

→ In 1985 the National Mushroom Growers Association was established in Illinois to promote the sale of fresh mushrooms on a national basis.

→ Mushrooms are commercially grown in every state, however, Pennsylvania accounts for 61% of all United States mushroom production.

→ Mushrooms are the only fruit or vegetable with Vitamin D.

PARSNIPS

→ Parsnips are a good source of dietary fiber.

→ Its unique flavor comes from its starches that change to sugar. This is brought about by the first frost of the year.

→ It tastes similar to celery with a nutty flavor. It is best in the winter and has a sweeter taste after it has been stored for a little while.

→ This fibrous vegetable may taste better if it is cooked. Try stir-fry or cooking with potatoes and mashing.

Poster created by:
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**MEATLESS
MONDAY**

References: <http://www.nutrition-and-you.com/kohlrabi.html>; <http://fruitsandveggiesmorematters.org>; <http://whfoods.com>; <http://www.healthdiaries.com>; <http://www.wikihow.com>; <http://www.everydayhealth.com>; <http://freshforkids.com>