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virginia home food production



CAULIFLOWER

DEPARTMENT OF HORTICULTURE

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BLACKSBURG, VIRGINIA

ENVIRONMENTAL PREFERENCES

LIGHT: sunny

SOIL: well-drained, high
organic matter

FERTILITY: rich
pH: 6.0-7.0

TEMPERATURE: cool (60-65°F)

MOISTURE: keep moist, not water
logged



CULTURE

PLANTING: Plant after danger
or frost is past. Start
seeds indoors for early spring
transplanting. Seed in beds
of flats for fall transplant-
ing.

SPACING: 15-24" x 24-36"

HARDINESS: hardy annual

FERTILIZER NEEDS: heavy feeder,
use starter fertilizer when
transplanting, side dress
three weeks later and as
needed (1½ oz. (33-0-0) per
10 feet of row).

CULTURAL PRACTICES: Spring seedlings
should be transplanted after danger
of frost is past. Fall cauliflower
should be sowed in late June to
July. Cauliflower should be blanched
when the curd flower head is about
2-3". Three to four large outer
leaves are pulled up over the curd
and fastened with a rubber band,
or are broken over the top of the
cauliflower and tucked in on the
other side of the curd. Normal
blanching time is 4-8 days and may
take longer in the fall.

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COMMON PROBLEMS

DISEASES: club root, yellows
or fusarium wilt, blackleg
and black rot

INSECTS: cabbage root fly
maggots, cut worms, cabbage
worms, cabbage looper worms,
flea beetles, aphids

CULTURAL: poor heading and
early flowering (interrupt-
ed growth due to chilling
from extremely early plant-
ing, or drying out, or
high temperatures)

NUTRITIONAL VALUE

1 cup cooked cauliflower		
<u>Grams</u>	<u>Calories</u>	<u>% U.S. RDA</u>
125	30	<u>Vitamin A</u>
		2
		<u>Vitamin C</u>
		120

HARVESTING AND STORAGE

DAYS TO MATURITY: 55-120 days
from transplanting

HARVEST: leave a ruff of
leaves surrounding head
when harvested. Cut when
flower sections begin to
separate. The curd should
be compact, firm, white
and fairly smooth

APPROXIMATE YIELDS: (per 10
feet or row) 8-12 lbs.

STORAGE: very cold (32°F),
moist (95% Rh) conditions
2-4 weeks

PRESERVATION: freeze, pickle

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