



Nichols Garden Nursery

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NicholsGardenNursery.com



**Herbs, Seeds & Goods
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CAULIFLOWER - *Brassica oleracea* Botrytis group. Cauliflower heads are harvested when “curds” are fully developed. Rich in fiber, vitamins c, k and bg, folate, protein, magnesium and phosphorus. Cauliflower remains white due to

protective leaves growing around the head. The leaves shield the head from the sun, preventing the formation of chlorophyll, and keeping the head from turning green.

Planting Recommendations: Sow seed indoors 4 to 6 weeks prior to your last frost date. Sow outdoors after last frost to early spring. Plant seed 1/4 to 1/2” deep in seed starting medium with a soil temperature of 50° to 85°. Grows best with a soil temperature of 60° to 65°. Harden off seedlings outdoors for at least a week prior to transplanting. Plant outdoors after last frost in soil amended with a rich compost or balanced garden fertilizer. Space plants 10-12” apart; water on a regular basis. Plant again in Mid to late July for a fall and early winter harvest.

History: Cauliflower originally was grown in Western Asia around the Mediterranean Sea. Cauliflower has been grown and eaten across Europe since the 1500’s, but didn’t start growing in the United States until the 1900’s. Wild cabbage is the origin of cauliflower as well as other brassicas. Wild cabbage originated in ancient Europe and Western Asia and resembled kale or collards. Through cultivation cauliflower changed in appearance and reappeared in the Mediterranean region around 600 BC. It became an important vegetable in Turkey and Italy and traveled to France in the 16th century. From there it was grown in Northern Europe and Britian. Cauliflower did not start growing in the United States until 1900.

Planting Info:

Planting Depth: 1/4 “

Germination Temp: 50°- 85° , 80 optimum

Days to Germinate: 6-10

Growing Soil Temp: 60°- 65°

Spacing: 10”-12”

Planting Location: Full Sun

Seed Notes:

Seeds per ounce: Approx. 5500 –8000

Seeds per gram: Approx. 200-350

500 seed packet plants 20 to 30 ft.