



## Cauliflower Planting Guide

### About Cauliflower

Cauliflower is an annual plant that reproduces by seed. This vegetable, while relatively difficult to grow compared to cabbage, is low-calorie and a gluten-free alternative to rice and flour.

### When to Plant

Plant seeds indoors 4-5 weeks before you transplant. Transplant seeds 2-4 weeks before the last frost in the spring or 6-8 weeks before the last fall frost if planting for fall harvest,

### Where to Plant

Plant seeds in fertile, well-drained, moist soil with plenty of rich organic matter. The pH of the soil should be between 6.5 and 6.8. Cauliflower plants grow best when given full sun, or at least 6 hours of direct sun per day.

### How to Plant

Plant seeds indoors about 1/2" deep into fertile soil and water thoroughly. Cover with plastic wrap until seeds have sprouted, about 8-10 days after planting. Remove plastic and place seeds under grow lights (just a few inches above sprouts) for 14-16 hours per day. Carefully harden off plants and set them outside for about 1 hour on the first day, adding more time each day. Repeat these steps for about two weeks before transplanting outdoors.

### Caring for Cauliflower

Cauliflower plants require 2" of water per week; even with normal rainfall, they usually require supplemental watering. Side-dress the plants with a fertilizer high in nitrogen 3-4 weeks after transplanting. Many varieties are not ready to harvest until 50-100 days after sowing the seeds. The heads should be compact, white, and firm with about 6-8" in diameter. Cut heads off the plants with a large knife. It's best to leave some leaves around the head to protect it. Cauliflowers will last about 1 week if refrigerated in a plastic bag.