

## Cauliflower

Cauliflower does not grow well here. The climate is much too hot. Cauliflower is available for purchase, imported all the way from South Africa. Thus the cost is astronomical! We are talking about \$25 for a small head that requires a lot of preparation and not a lot of yield. Kevin recently traveled to Lubumbashi (southeastern part of Democratic Republic of the Congo) for work and was able to purchase a bunch of cauliflower for much cheaper than we could purchase it here. So I decided to show you what it requires to prepare "organic" cauliflower and why it is NOT worth \$25 a head.

Here is our lovely cauliflower. This head it in great shape.



First, you cut it down into manageable pieces.



Then, you must shave off the damaged pieces that have mold.



Next, you must carefully spread apart the florets so that you can remove any [cabbage worms](#).



Now you are ready to soak them in a vinegar bath for about 20 minutes to kill any lingering germs/amoebas.



You now have two options for consumption. You can eat them raw or if you have too many to eat, you can cook them to store in the freezer for later. We chose both options. We had a yummy salad for dinner and we steamed the rest for freezer storage.



After cooking, you strain and bag. Here is the final product ready to freeze for later.



In total, we had one grocery bag filled with 5 heads. It took roughly 2 hours of work.