



Cauliflower

Before planting, work in some compost, well-rotted manure and some lime to your soil.

Keep the plants well watered: thirsty plants risk 'buttoning' - very small heads. Cauliflower like wet soil, so make sure they don't dry out.

Feed regularly with an organic fertiliser. Regularly apply compost tea.

If you want white heads, tie two large leaves together using an elastic band.

Harvest when the heads have a diameter of around 20cm, by cutting the head off with a sharp knife and removing the whole plant.

Cauliflower can be eaten raw with dips, made into a creamy soup, steamed or fried, and is delicious roasted. The stem and leaves are edible.

ERINDALE COMMUNITY GARDEN