

Cauliflower

Area Under Cultivation

The major cauliflower producing states are Bihar, Uttar Pradesh, Orissa, West Bengal, Assam, Haryana and Maharashtra.

Botanical Name : Brassica oleracea var botrytis

Family : Cruciferae

Plant Discription :

It is a low growing herbaceous plant, long stalked with loosely arranged leaves and bearing terminal heads or curds yellow to creamy white in colour which are the flower clusters or inflorescences. The stem is short and stout.

Centre of Origin : Mediterranean region

Pollination system : Cross pollinated

Chromosome No. : 2n=18,36,72

Nutritional Levels :

Moisture (%)	Protein (%)	Fat (%)	Mineral matter (%)	Fibre (%)	Carbohydrate (%)	Calories (K Cal)
90.8	2.6	0.4	1	1.2	4	30
Minerals						
Phosphorus (mg/100g)	Potassium (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Sodium (mg/100g)	Copper (mg/100g)
57	138	33	18	1.23	53	0.13
Manganese (mg/100g)	Zinc (mg/100g)	Sulphur (mg/100g)	Chlorine (mg/100g)	Molybdiium (mg/100g)	Cromium (mg/100g)	
0.1	0.4	231	34	0	0.003	
Vitamins						
Carotene (mg/100g)	Thiamine (mg/100g)	Riboflavin (mg/100g)	Niacin (mg/100g)	Vitamin C (mg/100g)	Choline (mg/100g)	Folic acid-Free (mg/100g)
30	0.04	0.1	1	56	127	0
Folic acid- Total (mg/100g)						
0						