Varieties of Cruciferous Vegetables

It seems strange that kale, cauliflower, and cabbage would all come from the same plant family. Yet, variety in your diet keeps things healthy and exciting! These vegetables were not commonly eaten historically because of their bitter taste and pungent smell, but because of their health benefits, they should become a staple in your diet!

**Broccoli**
- Bright green vegetable with a large flowering head and edible stalk
- Delicious when steamed or added to a stir-fry

**Cauliflower**
- A flowering vegetable with a hard and crunchy head
- Most common color is white, but can be green or purple

**Kale**
- Large leaves that are somewhat bitter and tough
- Remove stems before cooking

**Cabbage**
- A tight head of leaves, much like iceberg lettuce, that comes in a variety of colors, including red, purple, and green
- Most often used in coleslaw, a great side dish to any picnic outing

**Bok Choy**
- A variety of cabbage that does not form heads, but has dark green leaves instead
- Delicious in stir-fries because stems turn almost creamy after cooking. Tasty raw, too