

CAULIFLOWER

HARVEST TIME

Spring: May-June

Fall: September-October



LIGHT

Cauliflower requires full sun, with at least 6 hours of direct sunlight daily. It performs best in spring and fall, when temperatures are cooler. Too little light can result in leggy plants or small, poorly formed heads.



SOIL

Plant in well-draining, nutrient-rich soil like Uncle Mike's Organic Growing Blend. For in-ground planting, work compost or aged manure into the top 6"-12" of soil before sowing or transplanting. For patio pots or raised beds, we recommend Uncle Mike's Organic Potting Mix.



WATER

Water consistently to keep the soil evenly moist. Irregular watering can lead to poor head formation. Applying 2"-3" of organic mulch, like straw, can retain moisture, cool the soil, and help suppress weeds.



FERTILIZER

Cauliflower is a heavy feeder and benefits from regular fertilization every 3-4 weeks. Begin with compost-rich soil and feed with a balanced organic vegetable fertilizer such as Kelp Meal, Espoma Plant-tone or Organic Plant Magic throughout the growing season.



TEMPERATURE

Cauliflower thrive in cool weather, preferring temperatures between 55°F and 70°F. Temperatures higher than 75°F may cause premature buttoning, formation of small button sized heads.



ISSUES + FIXES

Temperature stress can be minimized by planting in cooler seasons. Keep moisture consistent and fertilize regularly to reduce the risk of small curds and other physiological disorders. Monitor for cabbage worms, loopers, aphids, and disease and treat with Neem Max or All Seasons Horticultural Spray. Caterpillars respond best to Bt or Captain Jack's Deadbug Brew.



SUPPORT & PRUNING

While cauliflower only needs pruning when leaves are damaged by disease or pests, a lot of white varieties require a process called blanching. This is when you gather the outer leaves around the white curd and secure them to prevent light from reaching them. This should be done when the curd is 2"-3" in diameter.



SOWING

Start spring crop indoors 4-5 weeks before the last frost and transplant 2-4 weeks before last frost. For a fall crop, start seeds inside 10-14 weeks before the first fall frost and transplant 6-8 weeks before the frost. Transplant fall crop when temperatures are consistently below 75°F, but above 55°F. Plant seedlings 18-24" apart.



HARVESTING

Depending on the variety, cauliflower is typically ready for harvest in approximately 50-100 days or 7-12 days after blanching. When harvesting, keep some leaves around the head to reduce moisture loss and bruising. The heads should measure 6"-8". If the cauliflower begins to open, harvest it immediately, regardless of its size.