

Fun Facts about Romanesco Cauliflower

Math Magic: Fractals and Fibonacci Spiral

What's a Fractal?

The whole Romanesco is called a head. Each head has pointy knobs on it called florets (small flowers). Each floret is made up of smaller florets, in the same shape and pattern, but a smaller size. When the same shape is repeated over and over again as you look closer and zoom in, that's a fractal!



Fibonacci Sequence

The Fibonacci Sequence can be found in many other places in nature, such as sunflowers and pine cones! There are spirals you can see on a head of cauliflower, and the number of spirals is always a number in this pattern. The Fibonacci Sequence is a mathematical pattern you might learn in class. The pattern goes like this: Start with 0 and 1. Add them together. $0+1 = 1$. Take those last two numbers you see and add them together. $1+1 = 2$. Take those last two numbers and add them together. $1+2 = 3$. Keep going, and you get these numbers: 0, 1, 1, 2, 3, 5, 8, 13, etc.

Color: Lime green

Flavor: Sweet and a little nutty

Ready to eat: September through December

Family Members:

Romanesco is closely related to broccoli, other cauliflowers, cabbage, kale, and Brussels sprouts.

Flavor Friends: Lemon, olive oil, pasta and parmesan cheese!

TCAPS Food Service Presents...

Romanesco Cauliflower



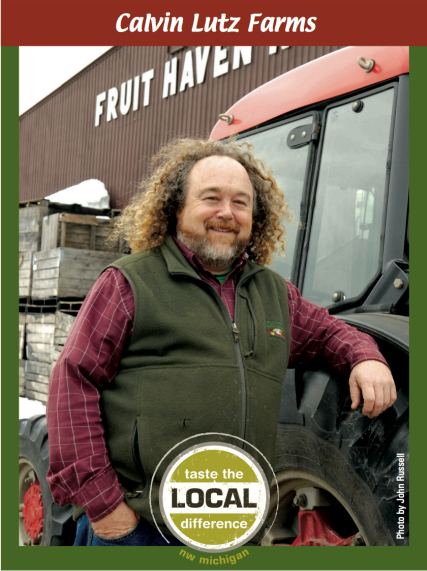
Meet the Farmer!

Farmers: Calvin Lutz II, Calvin Lutz III, Mark Coe, Mike Feliczak, Ralph Smith and 45 seasonal employees.

Farm Dog: Oscar the Labradoodle

What do you love about farming? I was in the retail business for 25 years and that was very demanding. I love educating people about the taste of different varieties. I like to compare them side-by-side, taste-by-taste.

What are you proud of about your farm? We have a good rapport with other farmers in the area. I've worked hard to draw the farmers together and worked to open the door so we can work together.



Pictured: Mark Coe

Calvin Lutz Farms
8576 Chief Rd.
Kaleva, MI 49645
231-889-5594
fruithavennursery.com



Romanesco Relatives



Cauliflower

Species: *Brassica oleracea*

- Contains a high amount of Vitamins C and K, Fiber, Iron and carotenoids (for healthy skin)!



Purple Cauliflower

Varieties: Graffiti, Purple Cape

- Contains antioxidants that can also be found in red cabbage and blueberries!



Cheddar Cauliflower

Varieties: Cheddar, Orange Bouquet

- Contains 25% more vitamin A than the common white variety!



Visit mlui.org/tldonline to find out more about Lutz Farms and farm to school, as well as search for local food, farms, retailers and wineries.