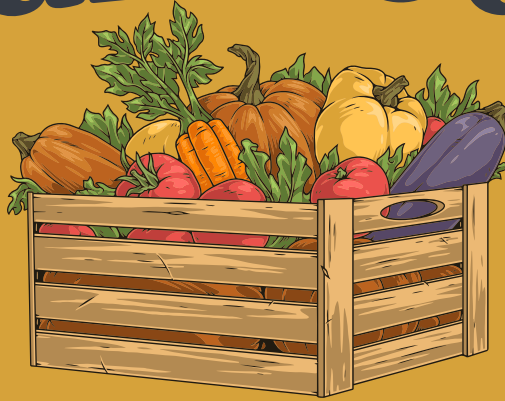


FROM PATCH TO PLATE

Five Delicious Ways with...



Cauliflower



FROM PATCH TO PLATE is Green Thumb Farm's recipe series that ticks all the boxes, with breakfast, lunch, dinner, lunchbox ideas, and snacks too!

From garden to plate, eating your 5 serves of veg every day is so easy. Job done. Tick 

This edition features cauliflower — mild, nutty, and packed with creamy-white goodness from floret to stalk.



Cauliflower In a Nutshell

How to Enjoy!

- **Cooked:** Steam until tender, roast into crispy florets, bake whole with spices, blitz into a creamy purée, or pan-fry into golden cauliflower "steaks."
- **Sweet or Savoury:** Its mild flavour makes it incredibly versatile, try it in curries, fritters, tacos, nourish bowls, veggie muffins, or even as a low-carb pizza base.
- **Preserved:** Chop and freeze raw for stir-fries and soups, or roast in bulk and refrigerate for easy lunchboxes and midweek meals.

Nutrition Highlights!

- **Vitamin C** → Strengthens your immune system and helps absorb plant-based iron.
- **Vitamin K** → Supports bone health and healthy blood clotting.
- **B Vitamins** → Helps convert food into energy and supports the nervous system.
- **Fibre** → Nourishes your gut microbiome and keeps digestion on track.

☀ Fun Fact ☀

Cauliflower is actually a flower!
The white head is made up of undeveloped flower buds — if left unharvested, it would bloom into a bunch of yellow flowers!

Growing Conditions

- **when to plant (subtropical):** Early Autumn to early winter
- **time to sprout:** 4-10 days
- **plant height:** 45-60cm
- **time to harvest:** ~2 months

Harvesting tips

- Cut the head off at the base with a sharp knife, leaving a few protective outer leaves intact.
- Harvest when the head (curd) is firm, white, and around 15–20 cm across.
- Check often - heads can quickly become overripe or discolour if left too long.
- Avoid wet conditions during harvest to reduce the risk of mould.

How to Store

- Keep whole, unwashed heads in the fridge crisper - loosely wrapped in paper or a produce bag.
- Best storage temp: 0–4°C (cold but not freezing).
- Use within 1–2 weeks for best texture and taste.
- Chop into florets and blanch before freezing for use in soups, stir-fries, or cauli mash.





Breakfast: Cauliflower & Oat Veggie Porridge with Turmeric and Coconut

Prep: 5 mins | Cook: 10 mins | Serves: 1

Ingredients

- ⅓ cup rolled oats
- ½ cup finely grated or riced cauliflower
- 1 tsp chia seeds
- 1 tsp ground turmeric
- 1 cup unsweetened coconut milk
- Pinch of salt & pepper
- Toasted seeds & coriander to garnish

Directions

1. Combine oats, cauliflower, turmeric, chia, and coconut milk in a pot.
2. Simmer 7–10 min, stirring often, until creamy.
3. Season with salt & pepper. Serve with toasted seeds and coriander.

Lunch: Cauliflower & Harissa Flatbreads with Pickled Onion & Yogurt Swirl

Prep: 10 mins | Cook: 20 mins | Serves: 1-2

Ingredients

- 1 cup cauliflower florets
- 1 tsp olive oil + 1 tsp harissa paste
- 1 flatbread or wholegrain wrap
- 2 tbsp Greek yogurt
- ¼ small red onion, quick-pickled in lemon
- Fresh mint



Directions

1. Roast or air-fry cauliflower tossed in olive oil and harissa until golden.
2. Spread yogurt on warm flatbread, top with cauliflower, pickled onion, and mint.

Dinner: Smoky Cauliflower & Black Bean Tacos with Cabbage Slaw

Prep: 10 mins | Cook: 25 mins | Serves: 2

Ingredients

- 1 cup cauliflower florets, chopped
- ½ cup canned black beans
- ½ tsp smoked paprika + cumin
- 2 small corn tortillas
- ¼ cup shredded cabbage
- 1 tsp lime juice
- 1 tsp olive oil

Directions

1. Toss cauliflower and beans in oil, paprika, and cumin. Roast or pan-fry until crispy.
2. Mix cabbage with lime and a pinch of salt.
3. Assemble tacos: tortilla + cauliflower mix + cabbage slaw. Add chili or avocado if you like.

Green Thumb Farm, Samford Valley QLD 4520.





Snack: Cauliflower, Cheese & Herb Drop Scones

Prep: 10 mins | Cook: 12 mins | Serves: 4 Scones

Ingredients

- ½ cup finely chopped steamed cauliflower
- ¼ cup wholemeal self-raising flour
- 2 tbsp grated cheese (cheddar or feta)
- 1 egg
- 1 tbsp chopped parsley
- Pinch of salt & pepper

Directions

1. Mix everything into a sticky dough. Shape into balls.
2. Bake or air-fry at 200°C for 15 min until crispy.
3. Serve warm with dip or cold in snack boxes.

Lunchbox-Friendly: Cauliflower & Corn Fritters with Coriander Lime Dip

Prep: 15 mins | Cook: 15 mins | Serves: 4 fritters

Ingredients

- ½ cup grated cauliflower
- ¼ cup corn kernels (fresh or frozen)
- 1 egg
- 1 tbsp flour
- Salt, pepper, cumin
- Dip:
 - 1 tbsp Greek yogurt
 - ½ tsp lime juice
 - 1 tsp chopped coriander



Directions

1. Mix fritter ingredients and pan-fry spoonfuls until golden.
2. Stir dip ingredients together.
3. Pack cold with salad or wraps.



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Keep the Veggie Love Growing!

Thanks for joining us for this edition of FROM PATCH TO PLATE.

Eating local, seasonal veggies is just the start — there's so much more to discover at Green Thumb Farm!

- Explore our farm gate market every Saturday for fresh produce, herbs, and plants.
- Join our hands-on workshops or school programs to get your hands dirty and learn how to grow your own food.
- Sign up for our newsletter or follow us on social media for seasonal recipes, tips, and inspiration.

Eating your five serves of veggies is just the beginning — growing them and enjoying them together makes it even better!



Green Thumb Farm is a small-scale, community-focused farm in Samford Valley, Queensland, just 35 minutes from Brisbane's CBD.

Our Mission: To inspire people to grow food, compost, and rediscover the joy of seasonal, local food.

We are registered not-for-profit with the ACNC and a certified social enterprise,