

# CAULIFLOWER PIZZA

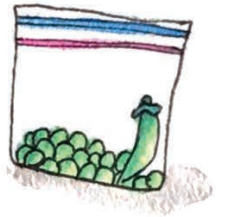
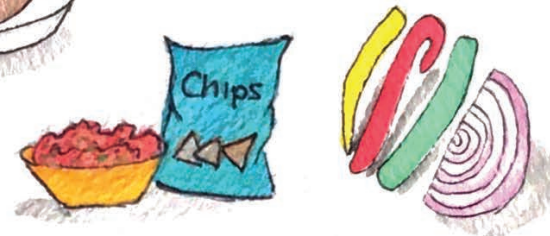
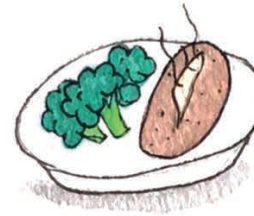
BY JAYNA WENGER

- 3rd grade -

HART RANSOM ELEMENTARY SCHOOL

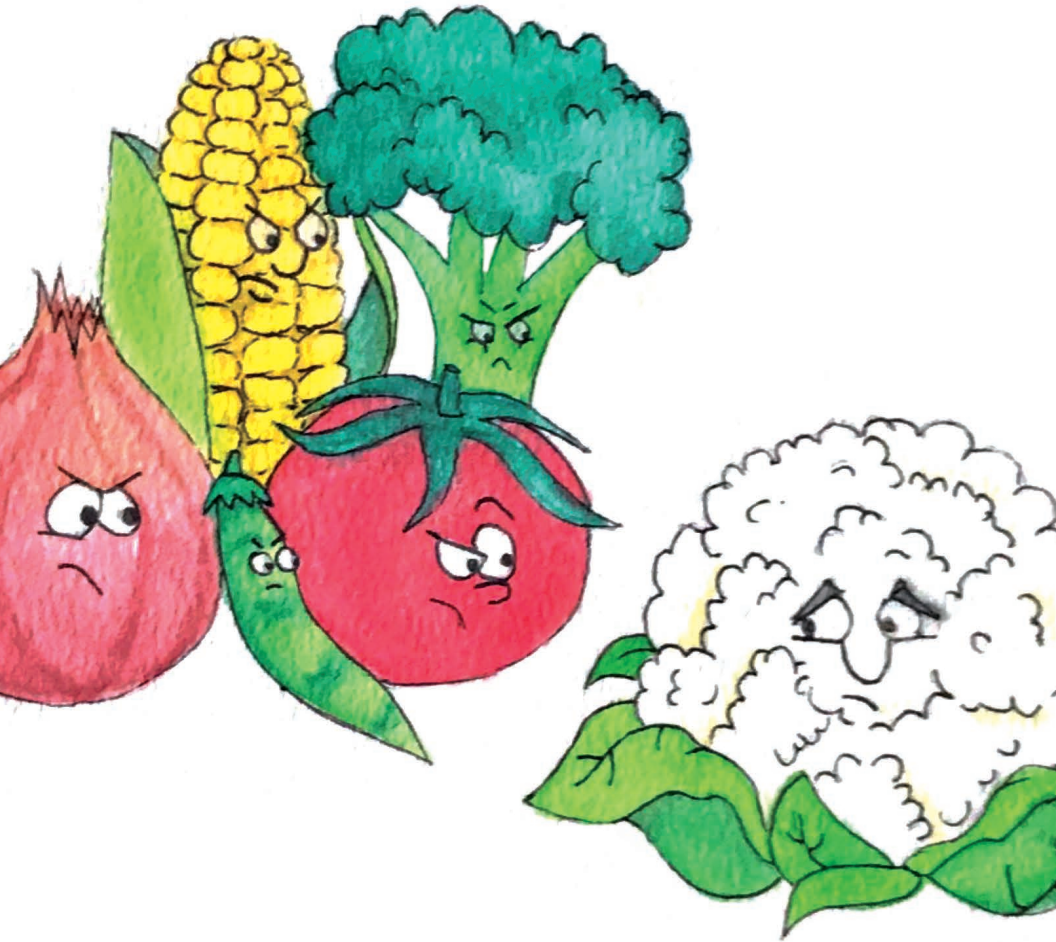
Stacey Gonsalves, Teacher  
Stanislaus County

Illustrated by Inderkum High School



Once upon a time, there was a little cauliflower plant that was hated and bullied by other veggies, like the tomato.

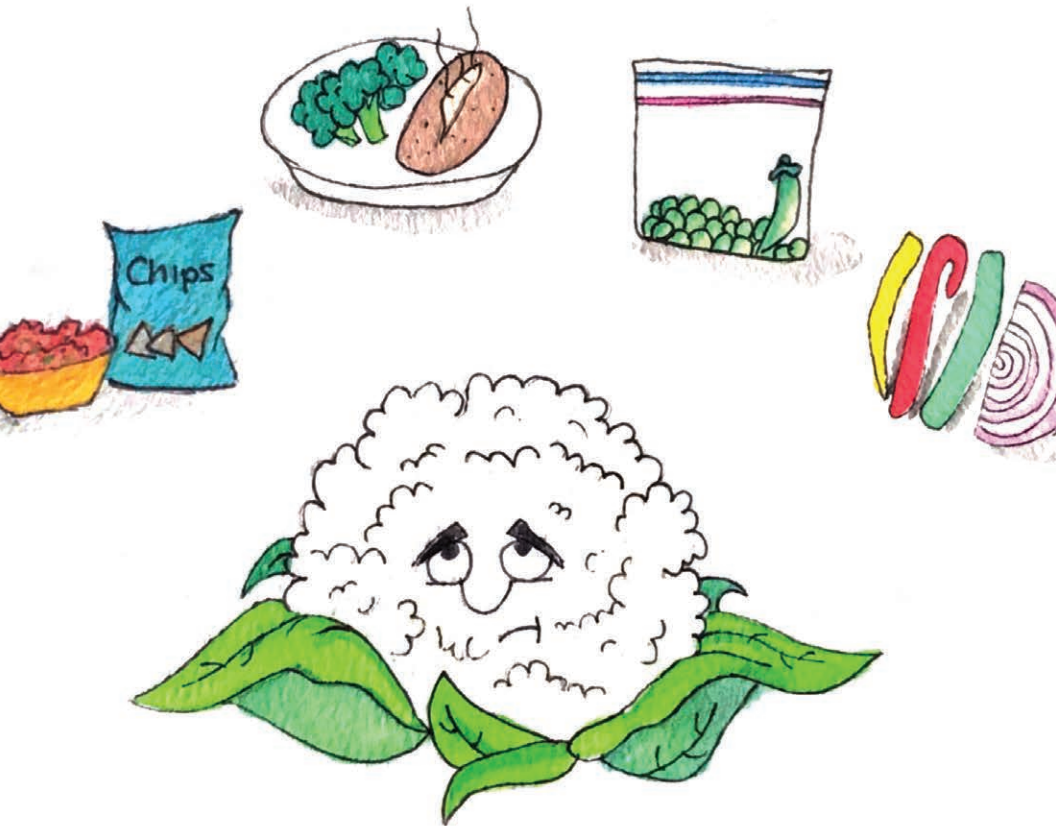
They all said, "Why do people plant you? Nobody eats cauliflower!"



Cauliflower felt really sad and he didn't like being bullied.

Cauliflower tried to think of what foods he could be in, but all he could think of was fondue and veggie dip. Then he thought about what other veggies could be in, like tomatoes can be in salsa and the sauce on pizza.

Broccoli and potatoes can be used for baked potatoes. Snap peas can be a good and healthy snack on their own. Onions and bell peppers can be in fajitas. Now he is trying to think about how nutritious he is and how he grows.



- **ANTIOXIDANTS** ✓
- **VITAMINS** ✓
- **FIBER** ✓

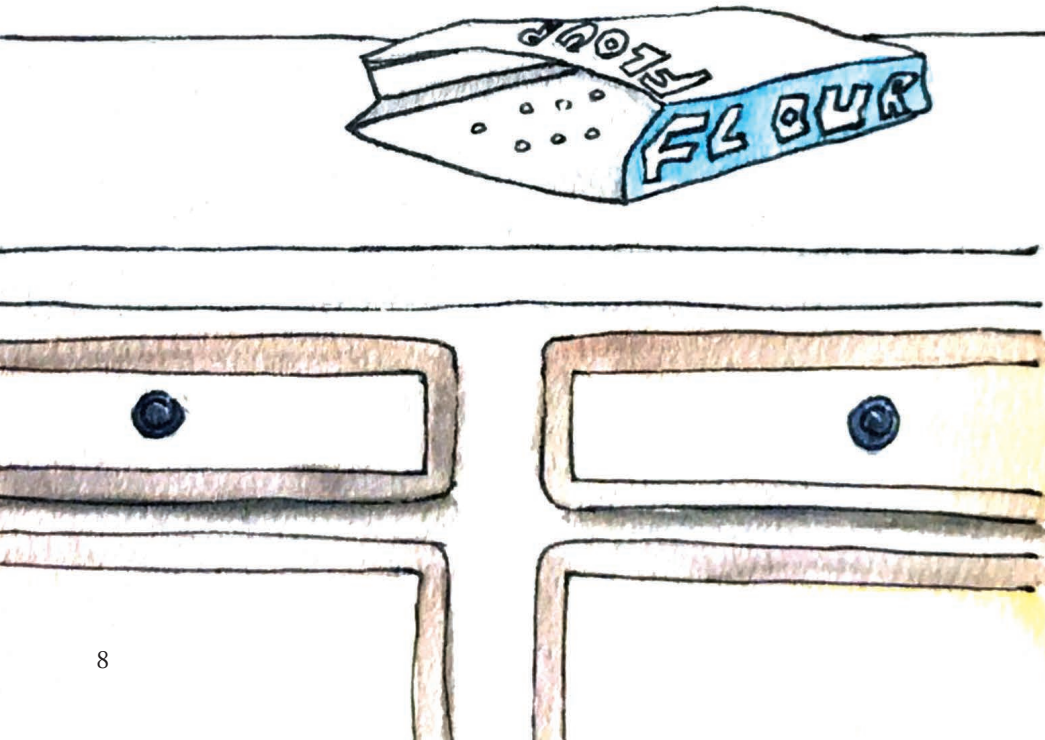


Cauliflower is rich in antioxidants and fiber and has many of the vitamins that a person needs in their diet. What's not to like about that?



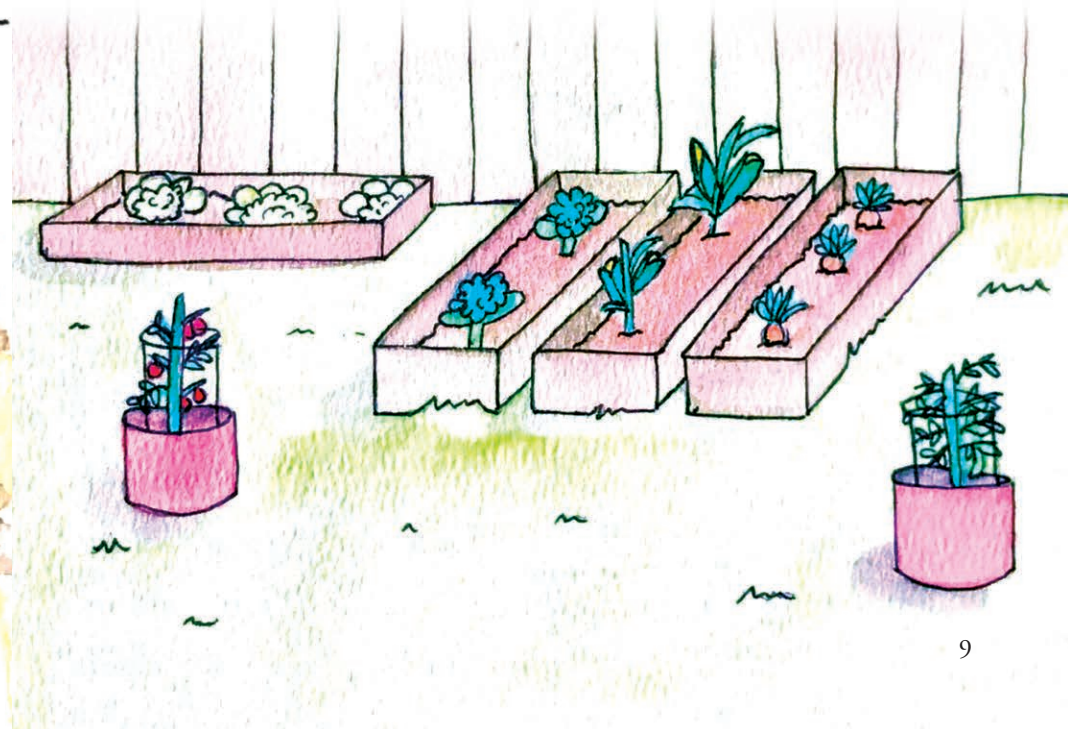
Meanwhile, Ms. Yum was in the kitchen in the middle of making pizza for dinner.

All of a sudden, Cauliflower heard Ms. Yum yelling, "There is no more flour for the pizza crust! Oh shoot! Dinner is ruined, and may just have to wait!"



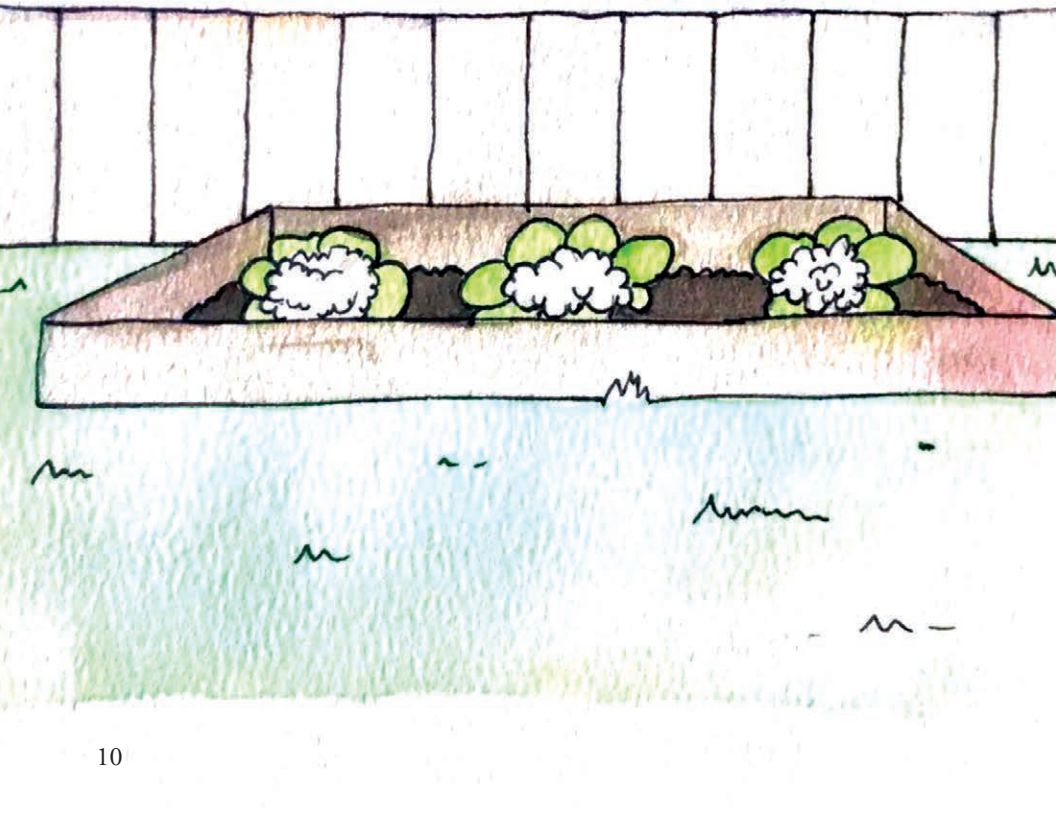
So Ms. Yum made her way outside to tend the garden while she thought about what she'd make for dinner instead of pizza. She weeded the tomatoes, but couldn't use them as a substitute for flour because they're already in the pizza sauce.

She watered the broccoli and thought, "No, broccoli is too green to make into a crust." She passed the snap peas and corn knowing those wouldn't work for pizza. She didn't feel like experimenting with onions because they always make her eyes water and cry.



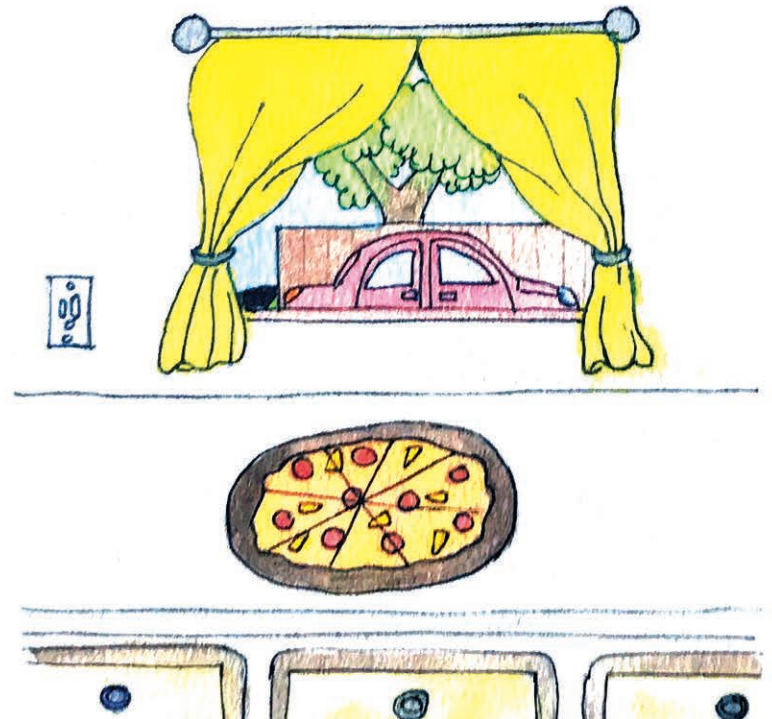
Then she stumbled upon the cauliflower. “Hmm,” she thought. “I’ve never used this for baking, but this just might work.” So, she clipped a head of cauliflower and headed back to the kitchen.

“Maybe if I grind up a head of this vegetable that nobody uses, then I just might be able to make a pizza crust out of it,” she thought. “After all, it is white just like flour!”



Ms. Yum continued with her experiment using cauliflower, and sure enough, it worked! By adding a little Parmesan to the cauliflower, she was able to make what looked like a decent crust for her pizza.

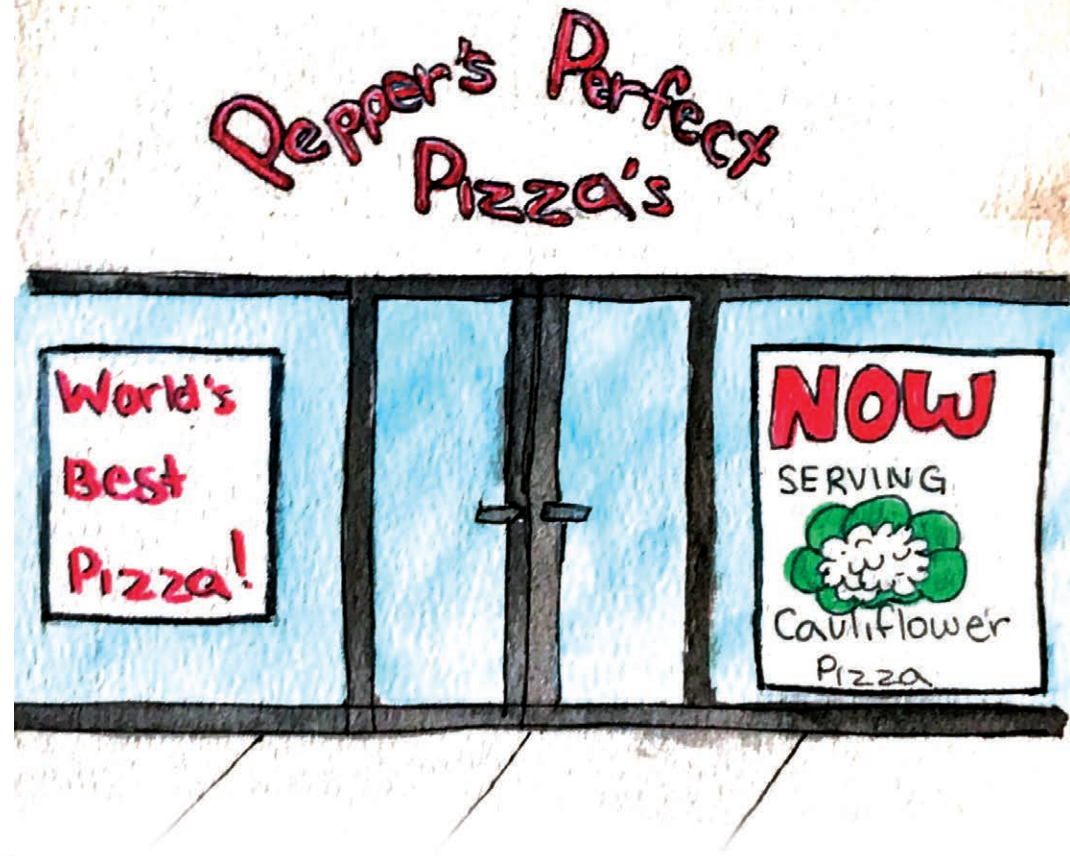
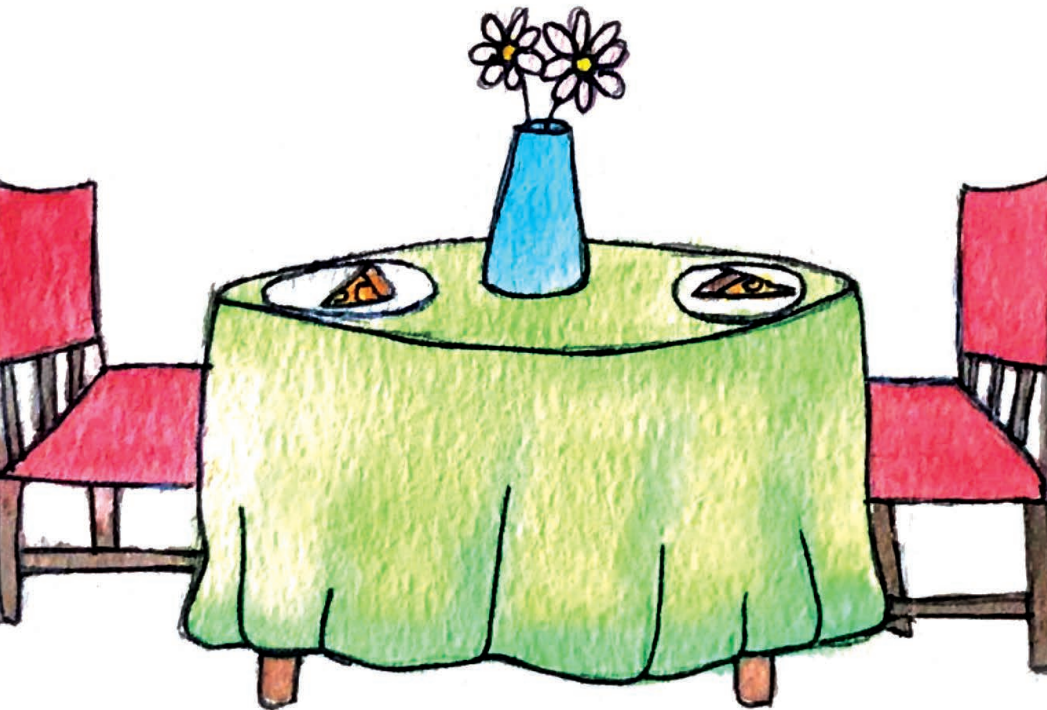
Just then, Ms. Yum looked outside and saw her neighbor, Nick Pepper, restaurant owner and chef of Pepper’s Perfect Pizzas, coming home for the day. He didn’t look so happy. So, Ms. Yum walked outside to see if she could brighten his day. After talking with Nick Pepper, she found out that his restaurant wasn’t doing well. As a way to comfort him, Ms. Yum invited him for dinner.





She jokingly said that she already messed it up and couldn't believe she was inviting a chef to her house for dinner, knowing her substitution for pizza crust. But, she invited Nick for dinner anyway because it was the thought that counted.

Ms. Yum and Nick Pepper ate the new creation together for dinner, not knowing how the pizza was going to taste. They realized that this substitution of cauliflower for a flour crust worked! Not only was the crust delicious, but they also discovered that it would be an alternative to wheat pizza. Maybe this could be just the thing to help Nick Pepper's restaurant?



The next day, with Ms. Yum's permission, Nick picked cauliflower and took it to his restaurant. He tested it on his menu that day and the rest is history. The cauliflower pizza was so good. It was amazing! He put it on his menu for good and this cauliflower substitution was just the ticket to turning around his business. Now everybody that goes to Pepper's Perfect Pizzas goes there every day and gets cauliflower pizza because it is awesomely good.

In addition, cauliflower plants all over the world were happy that they were liked and being picked for delicious, mouthwatering pizzas.

## ABOUT THE AUTHOR:



**JAYNA WENGER, AGE 8**

Third grade student Jayna Wenger got the idea for her story, *Cauliflower Pizza*, from her garden at home! This year, cauliflower was a new addition to her garden so she thought it would be fun to write about, and, she loves pizza, so she put the two together.

Jayna's favorite part of writing the story was thinking of the character's names and the character development. She hopes that readers learn about cauliflower, its nutritional benefits, and that it can be used as an alternative ingredient in recipes.

Jayna is looking forward to meeting the illustrators of her story and seeing the final product!

## ABOUT THE ILLUSTRATOR:



**TAMI ROUSE**

**INDERKUM HIGH SCHOOL | RACHEL RODRIGUEZ, ART TEACHER**

*Cauliflower Pizza* was illustrated by Tami Rouse, a junior at Inderkum High School. Tami really enjoyed the author's creativity when writing this story. Tami started by sectioning the story into pieces and then illustrating the different sections. She researched each vegetable to make sure she illustrated it accurately. Then, she sketched her illustrations and added paint to bring the sketches to life. Tami enjoyed the challenge of the *Imagine this...* art project and being able to use her full creative ability to illustrate the author's words. She thought the story was cute and liked that in the end of the story, the cauliflower was able to save the day!