

Picky Eater: Bite into Colorflower and Nutland Nut Crunch

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YOU SAY cauliflower. I say Colorflower. Sure, I like white cauliflower just fine, but when I opened a box filled with orange, green and purple Colorflower, I couldn't help but giggle at the thought of putting these bright florets on a plate.

Colorflower isn't actually new at all. It's an heirloom variety of cauliflower that is naturally — not artificially — colored. The cool thing is that every color includes extra nutrients. Orange has a dose of beta-carotene; purple has the same anthocyanins that are found in red wine and red cabbage; green delivers extra vitamins C and A. As different as they look, the Colorflower doesn't taste appreciably different from any other cauliflower I've tasted.

Colorflower is marketed by Salyer American Fresh Foods under the brand name of American Classic. Find it at Safeway, Lucky and Draeger's markets for about \$2 per head.

GO NUTS: I ate one square of Nutland Nut Crunches snacks — then reached for another, then another. I then turned over the package to calculate exactly how many calories it would be if I ate the whole bag. Not advisable.

If you get your hands on a bag of Nutland's dry roasted almond, pistachio or cashew crunches, I suggest counting some out into a cup rather than eating them out of the bag. They really are that good.

What makes these such an irresistible treat is that every ingredient is utterly fresh, and each flavor

is its own surprise. They're barely sweetened with evaporated cane juice and brown rice syrup, and have just a sprinkling of sea salt. Nutland Nut Crunches come in six flavors and two sizes. The 5-ounce bags are about \$3.50 per bag. Find them online at www.amazon.com or at specialty markets.

SWEET POURS: Snapple is crazy excited about their new All Natural Snapple made from a mix of green and black tea. I'm still not a huge fan, but I do give them credit for

bringing more flavor and less sugar to the bottle. More to my taste are the great tasting new Zola Brazilian Superfruit Smoothies, a range of acai-based drinks mixed up with other vitamin-packed superfruits. I love the antioxidant elixir that includes a hit of blueberry juice. Others are mixed with banana and pineapple. They're not super thick, but are sweet enough that you could sparkle them up with a dash of bubble water. The 12-ounce bottles are about \$3 and can be found at juice bars and health food stores.

BUG ME: The one and only time I welcome anyone to bug me is when they are serving up something like Evolve Kefir, a sweet, probiotic-packed drink that tastes like yogurt but delivers a whole lot more. The drink, from Mountainside Farms in New York, comes in plain, strawberry and peach flavors. But the more important detail is that it delivers 11 different live and active cultures including two probiotic strains. The only downside to this drink is that it's so thick that it sticks to the glass, which seems like so much waste. I solved that problem by using it as a topping of sorts; pouring it over my plain yogurt, my cereal and a bowl of plain oats. Find it at Whole Foods for \$3.79 per quart.

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