



# Brussels Sprouts



## Varieties Grown in New York State

- Oliver
- Rubine Red

## Nutrition and Health Benefits

- Brussels Sprouts are low calories, and high in Vitamin C.
- Low fat, saturated fat-free, cholesterol free and very, low in sodium, Brussels Sprouts are a very healthy green veggie!
- Brussels Sprouts are a good source of dietary fiber and folate.

**FUN FACT!** Brussels Sprouts aren't baby cabbages, but are in the same family!

## How to Grow It

- Brussels Sprouts grow best in full sun, with fertile, well-draining soil. Keep the moisture constant, as well!
- This annual veggie can not only tolerate frost, but its flavor is actually improved when the plants are 'kissed' by frost!  
**FUN FACT!** These sprouts grow upright and tall, growing to 2-3 feet high!
- Ease-of-care: Moderately difficult  
**FUN FACT!** Brussels Sprouts are a descendent of kale!
- Plant Brussels Sprouts outdoors 4 months before fall frost.
- Start indoors in late May and transplant the seedlings outside in late June.  
**FUN FACT!** Brussels Sprouts have shallow root systems, so be sure to use mulch to protect the roots, reduce weeds, and conserve moisture.
- Space seedlings (if started indoors) 18 inches apart.

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## Storage Tips

- Refrigerate Brussels Sprouts in the vegetable drawer for up to 1 week.
- Easily freeze Brussels Sprouts for up to 1 year in a labeled and dated freezer bag. Before freezing, steam sprouts for 3-5 minutes and let cool.

## Preparation & Cooking Tips

- Get the Brussels Sprouts ready to use with these steps:
  1. First, remove the stems and any discolored leaves.
  2. Trim the ends off, if desired.
  3. Wash the sprouts under cold, running water to remove any dirt found inside the leaves.
- If cooking, cut Brussels Sprouts into smaller pieces for more even heating.
- Steam Brussels Sprouts for 5-6 minutes, being careful not to overcook.
  1. Fill a steamer pot with about 2 inches of water and bring to a boil.
  2. Add the sprouts.

## Selection

- Choose fresh Brussels Sprouts with firm, compact, bright green heads.
- Expert tip! Buy Brussels Sprouts on the stalk when possible!

## Kid-Friendly Eating Tips

- **MAKE CANDIED BRUSSELS SPROUTS!** Dust sprouts with a little olive oil, brown sugar, and a pinch of salt. Microwave for 5 minutes and serve!
- **ROAST THEM!** Simple roast Brussels Sprouts in the oven at 400 degrees for 40 minutes. Toss with olive oil, a pinch of salt, and a bit of pepper before baking.
- **ADD THEM!** Add sprouts to your favorite pasta dish for a dash of color and texture!
- **MAKE KABOBS!** Marinate Brussels Sprouts, bell peppers, and mushrooms in a low-fat Italian dressing and thread onto skewers. Grill for 4 minutes on each side for colorful, fun veggies!
- **SHAKE AND BAKE!** Place Brussels Sprouts, olive oil, bread crumbs, and a dash of salt and pepper in a re-sealable plastic bag and shake to coat! Bake at 400 degrees for 30-45 minutes until toasted and enjoy!