Brussels Sprouts

**Background:**

Brussels sprouts are said to have been cultivated by Ancient Rome but gained true popularity in the 16th Century in Belgium. They are common in many northern European cuisines.

As a member of the cabbage family, Brussels sprouts have a slight sulfur taste that will become very strong when overcooked. Sprouts are best enjoyed roasted, sautéed, steamed, or raw massaged with a little olive oil.

Pair well with bacon, parmesan, acidic flavors of balsamic vinegar or lemon, or any variety of toasted nut

**Nutritional Value:**

Brussels sprouts are a nutrition powerhouse! Maintain these nutrients by using methods other than boiling, which allows nutrients to leach out into the cooking water.

An excellent source of vitamins C, A, K, and folate; a good source of fiber and potassium; and a fair source of iron

Research is ongoing into the protective effects of Brussels sprouts’ phytochemicals against cancer, cardiovascular disease, and oxidative stress. Many of these benefits come from the sulfur-containing compounds called glucosinolates.

About 1.5 cups of sprouts contains 1/3 of your daily need for anti-inflammatory omega-3 fatty acids.
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How to SHOP:
Find fresh Brussels sprouts in the produce section on the stalk, in netted bags, or in steam-ready plastic packaging.

Sprouts purchased at the store are already ripe and ready to use.

Look for small, bright green sprouts with compact heads. Avoid sprouts with dry, yellow outer leaves—though these can just be easily removed. Smaller sprouts will have a more tender texture.

Brussels sprouts are in season late August through March

How to GROW:
Plant seeds in peat pots about 3-4 weeks before transplanting to bigger containers or to the ground. In Houston, it is safest to transplant between August 20th and September 20th.

When the lower leaves start to yellow, pinch off the new buds on top and allow the sprouts to grow.

Sprouts are ready when they are compact and 1-1.5” in diameter, about 3 months after planting.

How to STORE:
Store unwashed sprouts in an airtight plastic bag in the refrigerator for 7-10 days.

To freeze, first blanch the sprouts then dry completely. Next, place blanched and dried sprouts in freezer on a sheet pan so that no sprouts are touching. Once frozen, transfer to a freezer-safe bag and use within one year.