

# — BRUSSELS SPROUTS —

## What are they?

- Brussels Sprouts are a vegetable consisting of the small compact bud of a variety of cabbage.
- Part of the Brassica family, they are related to cabbage, broccoli and kale.
- They can be eaten raw or cooked.



## When are they available?

- Their season runs from late August through March or so. The best-tasting ones are picked after the first hard frost, since the cold causes the sprouts to produce sugars.

## What's so cool about them?

- The Brussels sprout earned its name after becoming popular in the Belgian capital in the 16th Century, but the Brussels sprout is originally thought to have come from Iran and Afghanistan.
- In Chinese medicine, they are prescribed to improve digestive health.
- To the untrained eye one sprout looks like any other, but there are 50 varieties of the mini green cabbages.
- Brussels sprouts are grown in thick stalks that are evenly covered with the tiny-little sprouts we eat, each one looking round and perfect, with giant leaves towering at the top.
- Brussels sprouts are known for their strong, stinky smells, but they tend to only get really stinky when overcooked – especially when boiled. The smell is associated with *glucosinolate sinigrin*, an organic compound that contains sulfur: hence the odor. It also happens to be responsible for the cancer-fighting characteristics of Brussels sprouts.



## Why should I eat them?

- Brussels sprouts are high in vitamins A and C. They are also good sources of iron.



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