



# Brussel Sprouts

What is **green** and goes to summer camp?

☺ **Brussel Scouts**

## What can I do for YOU:

- ☺ **Vitamin K** → Keeps your heart healthy and strong
- ☺ **Vitamin C** → Helps fight off colds

## Did you know?

- ☺ Member of the cabbage family
- ☺ Named after *Brussels*, Belgium in Europe
- ☺ They grow on stalks >>>>>



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