

WHEN WE EAT BRUSSELS SPROUTS, WE'RE EATING THE LEAF OF THE PLANT.

BRUSSELS SPROUTS ARE RELATED TO THE WILD VARIETY OF CABBAGE.



BRUSSELS SPROUTS ARE A GOOD SOURCE OF FIBER, POTASSIUM, AND VITAMIN B6.

BRUSSELS SPROUTS GROWN ON A TALL STALK THAT IS COVERED WITH SMALL BUDS THAT LOOK LIKE MINIATURE CABBAGES.

THE BRUSSELS SPROUTS CULTIVATED NEAR THE CAPITAL OF BELGIUM, BRUSSELS, AS EARLY AS THE 13TH CENTURY.

BRUSSELS SPROUTS ARE A COOL WEATHER CROP. THEY ARE OFTEN ONE OF THE LAST CROPS LEFT IN THE GARDEN AND CAN TOLERATE THE COLD.

Brussels sprouts are from the Brassica family, also known as the cruciferous vegetable family, along with cabbage, broccoli, and cauliflower.

BRUSSELS SPROUTS ARE LOW IN CALORIES AND VIRTUALLY FAT-FREE

CALIFORNIA GROWS MOST OF THE NATION'S BRUSSELS SPROUTS SO IT MUST TRAVEL OVER 2,000 MILES TO REACH BUFFALO. OUR NEW YORK STATE BRUSSELS SPROUTS ONLY HAVE TO TRAVEL 20 MILES TO REACH THE CAFETERIA!



Brussels Sprouts are an excellent source of

VITAMIN

C

VITAMIN

K

Brussels sprouts can be eaten raw, steamed, roasted, or sautéed.