

BUFFALO FARM TO SCHOOL



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!



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