

## *Did you know...Here's a little bit of trivia about our Brussels Sprouts*

1. They get their name from the fact that they were widely cultivated around Brussels, Belgium during the 16<sup>th</sup> century.
2. Brussels sprouts are members of the cabbage family. They look like Barbie-size cabbages
3. There are more than 110 different varieties of sprouts
4. A half cup of this vegetable contains more vitamin C than an orange.
5. Sprouts contain high levels of vitamins A and C, folic acid and dietary fiber, and can help protect against colon and stomach cancer.
6. Sprout fan Linus Urbanec from Sweden holds the current world record for the most Brussels sprouts eaten in one minute. He swallowed 31 on November 26, 2008.
7. Overcooking sprouts makes them smell like rotten eggs due to the high levels of sulforaphane they contain. On the other hand, roasted, sautéed or grilled sprouts can taste sweet and nutty – and delicious. You've got to respect a vegetable that has built-in protection against overcooking.
8. They used to be considered a Christmas vegetable in Britain and were often served with the Christmas dinner.
9. The largest production of brussels sprouts comes from California
10. They come in all sizes, from marble-sized button buds to golf ball sized ones.
11. When combined with whole grains, Brussels sprouts make a complete protein.
12. Sprouts prefer a long cool growing season to a hot humid climate. It can take 13-16 weeks after planting our parent seedlings before we're mature enough to harvest. Those of us at the bottom of the plant mature first and it may take a farmer up to 10 pickings per plant to have fully harvested all of us.
13. Sprouts are harvested by hand to avoid damage and also to ensure that only mature sprouts are picked.
14. To pick the best of us, select those that are firm, compact, bright green and no larger than a golf ball.
15. Last year, a team of scientists and local schoolchildren used the energy from 1,000 Brussels sprouts to light a Christmas tree on London's Southbank.
16. The freshest sprouts are green with a white base. If they are slightly yellow or brown it means they're getting old.
17. The heaviest ever sprout was grown in 1992 and weighed 8.3kg (18lb/3oz).