



Brussels Sprouts

Brussels sprouts look like little heads of cabbage. They are similar in taste to cabbage, but are slightly milder in flavor and denser in texture.

Brussels sprouts are vegetables which grow as small leafy heads on plant stems.

Brussels sprouts were named after the capital of Belgium where it is thought they were first grown. They are one of the few vegetables that originated in northern Europe. French settlers in Louisiana introduced Brussels sprouts to America.

Most Brussels sprouts are grown in California. They are available all year long, but their peak growing season is fall to early spring.

Brussels sprouts are a member of the cabbage family, which may help prevent certain types of cancer.

NUTRITION FACTS

- Fat free
- High in potassium
- Good source of vitamin C
- Good source of vitamin A
- Good source of vegetable protein

VARIETIES

Most Brussels sprouts are alike.

USES

Brussels sprouts can be steamed, boiled, or microwaved. They make a tasty addition to soups, stews and casseroles.

Many Brussels sprouts are grown in Iowa.

