


BRUSSELS SPROUTS

FRESH FRUIT & VEGETABLE PROGRAM

A Little Bit About Brussels Sprouts

- Brussels sprouts are named after Brussels, Belgium, where it is believed they were first widely cultivated in the 16th century.
- Brussels sprouts are similar to cabbage but have a milder taste and denser texture.
- Most Brussels sprouts are green but red or purple have been developed as specialty crops.
- Brussels sprouts are available as individual sprouts or still attached to the stalk.
- Brussels Sprouts may be lowest cost and best quality from October to December.
- To keep Brussels Sprouts fresh, refrigerate in an open or perforated plastic bag in the vegetable drawer. They will stay fresh for up to 10 days, but quality is best when used soon.

Brussels Sprouts are Rich in Nutrients

Brussels Sprouts are an excellent source of vitamin  that helps our bodies fight infection.

They are rich in:

- Vitamin C
- Vitamin K
- Folate
- Carotenoids (beta-carotene, lutein, zeaxanthin)
- Fiber



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