

Brussels Sprouts

Brussels sprouts grow as small leafy heads on a large plant stem. They have a similar taste to cabbage, but have more of a mild cabbage flavor.



WHY SHOULD I EAT THIS?

Brussels sprouts are high in potassium which helps regulate fluid balance and muscle contractions. They are a good source of vitamin C, which helps heal cuts and wounds. They are also a good source of vitamin A, which promotes good vision and cell growth.

MAKE A GOOD SELECTION

Choose Brussels sprouts that are firm, compact and bright green. Avoid Brussels sprouts that are damaged and discolored. At farmers markets, Brussels sprouts are most likely sold on the stem.

PROPER STORAGE

Store unwashed Brussels sprout heads in a plastic bag in the refrigerator for up to one week.

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST 									X	X	X	
MARKET 									X	X	X	

Source(s): Nebraska Buy Fresh Buy Local

HOW COULD I USE THIS?

- Toss in olive oil, season to taste, and roast at 400F for 30-45 min for a side dish
- Sauté in olive oil for 6-8 min, then add lemon juice, shredded Parmesan cheese, or garlic
- Boil, steam, roast or microwave Brussels sprouts for a side dish
- Add to a pasta dish
- Add chopped Brussels sprouts to a stir-fry
- Add halved sprouts to a kabob
- Add shaved Brussels sprouts to a salad
- Use Brussels sprouts to make a coleslaw
- Add chopped sprouts to a vegetable pot pie recipe