

Brussels Sprouts

Nebraska Seasonal Produce Guide

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.



EXTENSION
Health & Wellbeing

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.

Proper Storage

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

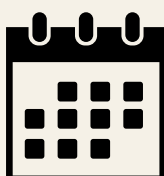
Make a Good Selection

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.



How Could I Use This?

- Toss in olive oil, season to taste, and roast at 400°F for 30-45 minutes for a side dish
- Sauté in olive oil for 6-8 minutes, 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 Brussels sprouts to a kabob



Seasonal Availability in Nebraska

Harvest Season: September through November

Market Availability: September through November



LEARN MORE AT **FOOD.UNL.EDU**

The University of Nebraska does not discriminate based upon any protected status. Please see <https://nebraska.edu/nondiscrimination>. This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. ©2026