

OREGON BRUSSELS SPROUTS

There are more than 100 varieties of Brussels sprouts.

NUTRIENTS FOUND IN BRUSSELS SPROUTS

- ~ Brussels sprouts are an excellent source of vitamin C which promotes a healthy immune system, heals cuts and wounds, and helps our bodies fight infection.
- ~ Brussels sprouts are an excellent source of vitamin K which is important for maintaining healthy blood and keeping your bones strong.
- ~ Brussels sprouts are a good source of dietary fiber which is important for keeping your digestive system healthy.
- ~ Brussels sprouts are a good source of vitamin A, which is important for good eyesight and a healthy immune system.
- ~ Brussels sprouts are a good source of B6 which is important for brain development and a healthy immune system.



Brussels sprout came to the United States in the 18th century when French settlers brought them to Louisiana.

Peak season for harvesting Brussels sprouts is late September to February.

The sprouts mature over several weeks from the bottom of the stalk to the top.



Late spring is the best time to plant Brussels sprouts in Oregon.



Brussels sprouts grow like buds along the side of thick, 2ft-4ft long stalks.



Brussels sprouts aren't baby cabbages, but they are in the same family which includes kale, broccoli and cauliflower, along with cabbage.

