# Brussels Sprout

## What am I?

Brussels sprouts resemble small cabbages. They are firm and bright green in color. They are believed to have originated from Brussels, Belgium.

## How do I grow?

- Brussels sprouts grown on a stalk.
- They have a long and cool growing season.
- The growing season in Wisconsin is from September to December.

## Nutrition Facts

Brussels sprouts are a good source of vitamin C, A, potassium, calcium, and fiber. Brussels sprouts also contain some protein. They can be added to a salad, steamed, baked, boiled, or air-fried.

## Fun Facts

- Brussels sprouts are in the same family as broccoli, cauliflower, and Bok choy.
- Brussels sprouts are a cruciferous vegetable.
- Over-cooking sprouts can result in an unpleasant odor.

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