



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.

