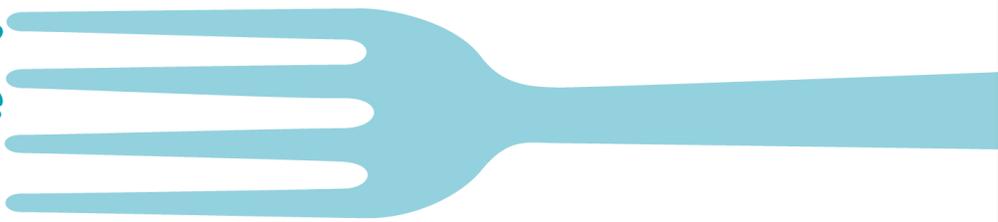


Harvest of the Month



November



Brussels Sprouts



Pick:

- Choose small, firm, compact sprouts with unblemished leaves.
- If possible, select sprouts that are still attached to the stalk.

Store:

- Sprouts that are still on the stalk will keep for several days in the refrigerator. If sprouts have been removed from the stalk, use within 3-5 days.

Prepare:

- Remove from the stalk with a sharp knife.
- Remove any discolored outer leaves, and prepare as desired!
- If cooking whole sprouts, cut an X in the base to ensure even cooking.

Nutrition Info

One cup of cooked Brussels sprouts has 60 calories and provides vitamin C and A.

Fun Facts

Brussels sprouts got their name from Brussels, Belgium, where they originated!

One serving of Brussels sprouts contains as much vitamin C as an orange.

In Wisconsin, peak Brussels sprout season is from about September through December. Look for them at winter farmers' markets!

Uses

Sprouts can be baked, roasted, steamed, or sautéed. The method of cooking greatly influences the flavor. If you don't like them steamed, try them roasted or sautéed.

Try adding sliced sprouts to soups, casseroles or stews!

Try caramelized sprouts – saute sliced sprouts with a little olive oil, minced garlic, salt and a teaspoon or two of brown sugar. Yum!

Family Friendly Activities

Check out your local farmers' market and purchase sprouts that are still in the stalk. Count the number of sprouts on each stalk!

How many cruciferous vegetables can you name? Here are a few examples to get you started: Brussels sprouts, radishes, napa cabbage, and kale!

