



Brussel Sprouts

Brassica oleracea

Nutrition Facts

- A serving of brussel sprouts contain 161% of the recommended daily value of Vitamin C.
- Brussel sprouts are a rich source of fiber.
- Brussel sprouts help three major systems that help fight cancer: the detox system; the antioxidant system; and the inflammatory system.

Planting

Plant 3/20-4/10

(Guidelines for planting in raised beds)
Transplants: Plant outdoors 15-18" apart in rows that are 15-18" apart.
Seeds: We recommend not starting brussel sprout plants from seed outdoors. However, seeds may be started indoors under lights 5 to 7 weeks before the outdoor planting date.

Harvest & Storage

Brussel sprouts are ready to be harvested once the heads are firm and about 1 inch in diameter. Start at the bottom of the stem. Snap the brussel sprouts off by pinching the tip of the head or cut the sprouts off with scissors. Brussel sprouts will continue to grow after the first harvest, up until a hard frost. Store unwashed brussel sprouts in the refrigerator for up to 10 days.

Care

Plants: Water when the top inch of soil dries out. Mulch the plants with cotton burr compost or straw to keep the soil moist and prevent weeds.

Cabbage loopers will chew through the leaves of brussel sprout plants. In order to prevent these pests, apply organic Dipel Dust to the plants.

Recipe

Wash all vegetables before using

Steamed Sprouts

16 brussel sprouts

Salt

Pepper

1 teaspoon honey

1/2 teaspoon lemon juice

2 tablespoons Dijon mustard

Cut brussel sprouts into quarters. Boil 2 inches of water in a sauce pan. Place brussel sprouts in a steamer and set into the pot. Cover and steam for 5 minutes. In a separate bowl mix honey, lemon juice and mustard. Dip sprouts into the sauce and enjoy!



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