

Free Workshops

Did you know? KCCG offers 40+ free gardening and cooking workshops each year. With topics ranging from an introduction to vegetable gardening to tips and tricks for pest management and cooking demonstrations with fresh garden produce, we welcome everyone from beginner gardeners to seasoned pros.

See the schedule and register at:
kccg.org/workshops

Online Resources

KCCG's website offers guide sheets on a wealth of gardening topics, including watering, fertilizing, pest management and more!

Find them at
kccg.org/gardening-guidesheets

Our vast library of online videos can help you with most anything including planting, maintenance, harvesting, and cooking.

Find them at
kccg.org/how-to-videos

Together We Grow

KCCG provides seeds, plants, resources and education that help more than 42,000 households to grow more than 1.5 million pounds of healthy food each year.



@KansasCityCommunityGardens



@kcccommunitygardens



www.kccg.org



816.931.3877



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**6917 Kensington Ave
Kansas City, MO 64132**

Volunteer

Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

To join the fun, visit
www.kccg.org/volunteer

Growing Brussels Sprouts



KCCG
KANSAS CITY COMMUNITY GARDENS

KCCG's Varieties

Dagan (F1) - Dependable midseason variety. Tall, straight, erect plant with medium-large, smooth, and attractive sprouts.
(hybrid)

Nutritional 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:

In the Kansas City area, plant between 3-10 & 4-10

For 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.

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.

Additional Care:

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

Harvest and 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.