

# BRUSSEL SPROUTS

By: Cora Dyslin, and Luke Graham ENV5 210

## Description

**Brussel sprouts** are a cruciferous vegetable meaning they are generally cold weather vegetables, and have a flower with four petals that resembles a cross. They are also part of the **Brassica family**, which means they are closely related to Broccoli, Kohlrabi,

cauliflower, and Cabbage. Brussel Sprouts look like **mini cabbages**, and typically grow to be 1 inch in diameter. Brussel sprouts grow in bunches on a stalk, that can grow to be 3 ft. tall.



## Super Fun, Fun Facts!

1. You can eat the whole plant including the **stalk and leaves!**
2. Overcooking Brussel sprouts can produce a rotten egg smell due to their high levels of sulforaphane. BUT, sauteing or frying them makes them taste **sweet and nutty!**
3. Brussel sprouts have the same initials as Bernie Sanders!



## Nutrition

- Brussel sprouts can **lower your cholesterol!** Steaming increases the ability of the nutrients of the sprouts to attach to the bile acids in our gut and therefore increases the cholesterol lowering abilities of the veggie.
- Almost 100 studies have shown a clear correlation between eating Brussel sprouts daily, and **preventing cancer!**
- Brussel sprouts help **prevent bacterial overgrowth** especially in the stomach lining.

For 1 cup cooked Brussel sprouts	% Daily Value
vitamin K	243%
Vitamin C	129%
Folate	23%
Fiber	16%
Potassium	14%

- All of these vitamins are beneficial to our health!
- Vitamin K, is most well known for its use in making your **blood clot**. It also helps to **prevent calcification** of the coronary arteries.
- Folate is a B vitamin that assists in the creation of **red and white blood cells** in the bone marrow. Super important!

## Healthy Recipe To Try At Home!

- Fit a pot with a steamer insert & fill the pot with water to bottom of insert.
- Cover and bring to a boil.
- Add Brussel sprouts and season with salt.
- Steam for 6-8 minutes, tossing halfway through. Sprouts should be light green and tender when done.
- Transfer to a bowl, season with salt & pepper, toss with melted, unsalted butter if desired, AND SERVE!



## Yummy Recipe To Try At Home!

- Add 2 tbsp of oil in a saute pan on medium heat
- Add 6-8 cleaned and halved Brussel sprouts
- (optional) add ¼ cup diced red pepper (it's really good)
- Let simmer for about 5 minutes
- Add 1 teaspoon of minced garlic and stir all the ingredients
- Turn to low heat cover and let sit for 5 minutes
- Add 1 oz cheddar cheese, melt on top, and ready to eat!!

## History

The origin of Brussel sprouts is unknown but they can be traced all the way back to the 13th century! They are native to **Brussels, Belgium** (hence the name Brussel sprouts) and were a local crop exclusively in that area until about 1915 when they became very popular in Europe. They are now a common crop throughout **Europe and the U.S.**, with

the majority of the sprouts grown in California.



## Growing and Harvesting Conditions

This vegetable is typically grown in the Pacific Northwest due to the **cool weather**. Brussel sprouts that mature in warm climates taste bitter and are much less firm. Therefore, the sprouts are planted at various times ranging from **early spring to late summer** depending on the climatic conditions of the region. They need at least 6 hours of daylight and prefer well-drained, moist soils.

## D.I.Y

Brussel sprouts are a great vegetable to grow in your home garden! Because they prefer cooler weather, you can still have produce in your garden **late** in the growing season. These plants can get big so make sure to plant them

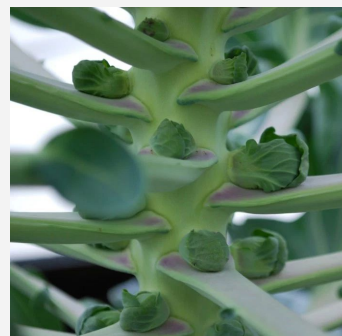


at least 18 inches apart or, if you're planting in rows, make sure the rows are 30 inches apart. If you're having issues such as hollow stems & sprouts, just add

some **Boron** to your soil by sprinkling it with water that has Borax dissolved in it.

The actual sprouts grow off of the trunk of the stalk beginning at the bottom and slowly reaching the top.

You know they're ready for harvest when the heads are **firm, green and around 1-2 inches in diameter**. Slowly twist and pull the sprouts to remove them from the stalk and viola, you have fresh sprouts! You can store fresh sprouts in a plastic bag in the refrigerator but make sure to **eat them within 3 days** for optimal taste!



## Buying Local

Buying Brussel sprouts locally is really beneficial to the environment because it eliminates the need for the sprouts to be grown in California, a state experiencing a **water crisis**, and it doesn't involve the use of **fossil fuels** to transport the sprouts across the country.



Support your **local economy** and **sustainability** by buying Brussel sprouts and your other favorite veggies from local farmers!

## Easy Recipe To Try At Home!

- Heat extra virgin olive oil over medium heat in a sauce pan.
- Cut washed, fresh sprouts in half and place in pan over medium heat and add salt (if frozen, thaw beforehand).
- Allow the sprout halves to fry until dark brown. Make sure they get a good char on there!
- In the last minute of cooking, add a light coating of lemon juice and minced garlic (garlic is optional so don't be afraid to leave that out if you're not a fan!)
- Remove from heat and serve warm!