



Brussels Sprouts

Plant: For warmer climates, Brussels sprouts are best planted in summer for mid to late fall harvest. Sometimes, a spring crop can be fit in if planted in February and harvested in May. However, for colder climates, it is important for these to be in a frost, so try to plant out at least 3 months before the first predicted frost. They should be planted about 2 feet apart with about 3 feet between the rows. They grow up from the ground from the leaf axial or joint.

Grow: Brussels sprouts require full sunlight and firm but not compacted soil. They mature best in a cooler, even light frost climate and a sweet or alkaline soil with a pH of at least 6.5. Be sure to water, fertilize and mulch to keep the soil cool and moist.

Harvest: Brussels sprouts are usually harvested about 85 days after being planted and are best harvested on cooler days. They should be picked when the Brussels sprout is about 1 inch in diameter and before the yellow leaves begin sprouting.

Nutrition Facts	
Serving Size 4 sprouts raw (84g)	
Amount Per Serving	
Calories 40	Calories from Fat 5
%Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 2g	
Vitamin A 8%	Vitamin C 120%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Information:

Brussels sprouts have a plethora of health benefits. They are high in fiber and help with the lowering of cholesterol. They contain many antioxidants to help fight and prevent cancer. Furthermore, they are high in vitamin K, vitamin C, vitamin A, and folate.

How to Prepare: Before cooking, rinse with cold water and drain. Trim stem ends without cutting the base of leaves or the Brussels sprouts will come apart during cooking. If you wish, cut large sprouts lengthwise in half for a "bite size" option, or shred like cabbage. Can be steamed, roasted, boiled, baked, and microwaved.



Roasted Brussels Sprouts

Yields: 4 servings

Serving size: ½ cup

Ingredients

- 1 lb of Brussels sprouts
- 1 ½ tbsp of olive oil
- 1 Tbsp of minced garlic
- 1 tsp of lemon juice
- Salt and pepper to taste

Preparation

1. Wash Brussels sprouts well. Coat Brussels sprouts with oil, garlic, lemon juice, salt, and pepper.
2. Roast whole Brussels sprouts in a 400° F oven for 30-45 minutes or until easily pierced with a fork.
3. The Brussels sprouts should be evenly browned. Ready to serve.

Nutrition Facts per Serving:

100 calories, 5 g fat, 15 g carbohydrates, 4 g fiber, 4 g protein