



Brussels Sprouts

Growing & Harvest Info

Brussels sprouts have a long growing season and are usually grown in the fall, because frost improves their flavor. Sow seeds indoors 6-8 weeks before the last spring frost (recommended) or sow seeds outdoors 4 months before the first fall frost. Before planting, or transplanting, work fertilizer into soil a few days before.

If starting seeds outdoors, plant seeds 1/2 inch deep and 2-3 inches apart. When plants are 6 inches tall, thin to 1-2 feet apart. If transplanting, space plants 1-2 feet apart. Water well at time of planting or transplanting. Fertilize 3 weeks after planting or transplanting and mulch to retain moisture.

About 20 weeks after sowing, harvest Brussels sprouts from the bottom of the stalk when they are about 1 inch in diameter.

Nutritional Benefits

Brussels sprouts

Source	Rating
Vitamins	EXCELLENT
Minerals	GOOD
Fiber	GOOD

Introduction

Brussels sprouts are long-season vegetables of the cabbage family. Like collards, their taste is intensified after one or two light frost periods. The sprouts on this plant look like miniature cabbages that form where the leaves meet the stems. They are an excellent source of protein and vitamins.

Preservation

Storing:

- Do not wash sprouts before storing them. Instead, wash right before use.
- Do not remove the stem and hang sprouts in a cool, dark place. They will keep for up to 1 month.

Refrigerating:

- Remove sprouts from the stem and place in a plastic bag. Store in the refrigerator for up to 5 days.

Freezing:

- Remove dead or discolored leaves. Use a sharp knife to place an "X" on the base of each sprout.
- Blanch sprouts by boiling in water for a 1-3 minutes and then immediately placing into ice bath for 1-3 minutes.
- Dry and store in freezer bags in the freezer for up to 6 months.

Vegetable state	Use by
Raw	1 month
Refrigerated	5 days
Frozen	6 months



Brussels Sprouts

Try sautéing Brussel sprout leaves with olive oil and garlic, steaming them, adding them raw to smoothies, or shredding them to use in salad and slaw.

Prepare Brussels sprouts like this:

Roasted
Caramelized
Steamed
Baked

Try Brussels sprouts in:

Salads
Slaws
Casseroles
Hashes
Pastas
Pizzas

Recipe 1: Roasted Brussels Sprouts

Ingredients

- 1.5 lbs Brussels sprouts, ends trimmed and yellow leaves removed
- 3 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper

Directions

- Preheat oven to 400 degrees F.
- Toss Brussels sprouts in olive oil, salt and pepper to coat. Pour onto baking sheet in a single layer and place on center oven rack.
- Roast for 30-35 minutes, shaking pan every 5-7 minutes. If necessary, reduce heat to prevent burning. When done, Brussels sprouts should be dark brown, almost black.

Recipe 2: Sautéed Brussels Sprouts

Ingredients

- 2 lbs Brussels sprouts, trimmed and halved
- 3/4 cup shallots, diced
- 4 slices bacon, chopped
- 6 garlic cloves, finely chopped
- 1/2 cup currents (or raisins)
- 3/4 cup chicken broth
- 1/4 cup pine nuts
- salt and pepper, to taste

Directions

- Sauté bacon over medium heat for 5 minutes, or until it begins to brown. Remove from heat and remove all but 1 tbsp. of bacon grease.
- Add Brussels sprouts and shallots to bacon and return to medium-high heat, sautéing for 4 minutes. Add garlic and continue sautéing for another 4 minutes.
- Add currents and chicken broth and boil for 2 minutes, or until broth evaporates.
- Remove from heat. Sprinkle with nuts and add salt and pepper to taste.