

# Brussels Sprouts

Brussels sprouts look like little heads of cabbage. They are similar in taste to cabbage, but are slightly milder in flavor and denser in texture.

Brussels sprouts are vegetables which grow as small leafy heads on plant stems.

Brussels sprouts were named after the capital of Belgium where it is thought they were first grown. They are one of the few vegetables that originated in northern Europe. French settlers in Louisiana introduced Brussels sprouts to America.

Most Brussels sprouts are grown in California. They are available all year long, but their peak growing season is fall to early spring.

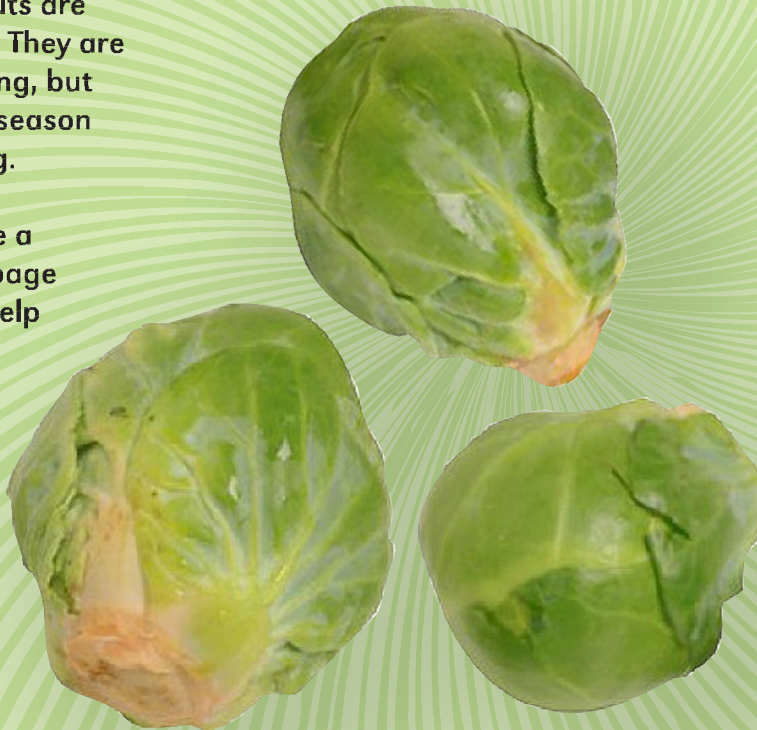
Brussels sprouts are a member of the cabbage family, which may help prevent certain types of cancer.

## NUTRITION FACTS

- Fat free
- High in potassium
- Good source of vitamin C
- Good source of vitamin A
- Good source of vegetable protein

## VARIETIES

Most Brussels sprouts are alike.



## USES

Brussels sprouts can be steamed, boiled, or microwaved. They make a tasty addition to soups, stews and casseroles.

Many Brussels sprouts are grown in Nebraska.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.

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