

BRUSSELS



SPROUTS

Brussels sprouts are a member of the cabbage family. They look like little heads of cabbage and are similar in taste to cabbage but are slightly milder in flavor and denser in texture. Brussels sprouts were named after the capital of Belgium where it was thought they were first grown. They are one of the few vegetables that originated in northern Europe. They were introduced to the United States in Louisiana by French settlers.

Brussels sprouts are available year round with their peak season September thru February. Most Brussels sprouts are grown in California. Brussels sprouts can be steamed, boiled, or cooked in the microwave. They are a good source of vitamin C and vitamin A.