OREGON BRUSSELS SPROUTS

There are more than 100 varieties of Brussels sprouts.

NUTRIENTS FOUND IN BRUSSELS SPROUTS

 Brussels sprouts are an excellent source of vitamin C which promotes a healthy immune system, heals cuts and wounds, and helps our bodies



Brussels sprout came to the United States in the 18th century when French settlers brought them to Louisiana.

Peak season for harvesting Brussels sprouts is late September to February.

- fight infection.
- Brussels sprouts are an excellent source of vitamin K which is important for maintaining healthy blood and keeping your bones strong.
- Brussels sprouts are a good source of dietary fiber which is important for keeping your digestive system healthy.
- Brussels sprouts are a good source of vitamin A, which is important for good eyesight and a healthy immune system.
- Brussels sprouts are a good source of B6
 which is important for brain development
 and a healthy immune system.

The sprouts mature over several weeks from the bottom of the stalk to the top.







Late spring is the best time to plant Brussels sprouts in Oregon. Brussels sprouts grow like buds along the side of thick, 2ft-4ft long stalks.

nis material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people ith low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNetat 211. USDA is an equal opportunity provider and employer. (c) 2015 regon State University Extension Service offers educational programs, activities, and materials with out discrimination based on age, color, disability, gender identity or expression, enetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opport unity Employer. Brussels sprouts aren't baby cabbages, but they are in the same family which includes kale, broccoli and cauliflower, along with cabbage.

