

Brussel Sprouts



HARVEST

OF THE MONTH

Nutrients

Which nutrients does it provide? What is the nutrition?

Vitamin C - Strengthens immune system and promotes skin health, iron absorption, and wound healing

Vitamin K - Helps promote blood clotting, muscle contractions, heart functions and healthy bones in the body

Folate - Important for normal cell growth and energy production

Calcium - Promotes bone health, healthy development of the immune system, heart, and muscles

Iron - Essential nutrient for red blood cells that produces hemoglobin and brings oxygen to the body's tissues

Potassium - Helps regulate blood pressure, plays a key role in growing muscles and keeping your heart and kidneys healthy

When is it at its peak nutritional content? Raw

How It's Served

Texture - Crunchy, Crispy, Tender, Mushy when over cooked

Flavor profile - Nutty sweetness, Savory, Bitter & sulfuric when over cooked

Common Uses:

- Brussels sprouts can be served raw or cooked. It is not recommended to boil Brussels sprouts as it depletes many of their nutrients.
- Brussels sprouts are at their peak nutritional content when raw, however most people enjoy eating them roasted and they are still able to maintain a great amount of their vitamin C content.
- Try shredding/slicing raw Brussels sprouts up and adding them to salads.
- Presence in Ethnic foods: Africa, Mediterranean
- Recommended serving size is 1/2 cup

Where it Grows

How does it appear in nature?

Brussels sprouts grow in stalks out of the ground like corn. Brussels sprouts grow in shoots off the stalks.

When is it in season? Fall through early spring

Health Benefits

- Unique antioxidant: Glycosinolate glucobrassicin - May help prevent damage to DNA
- May help prevent the development of various cancers
- May help with high blood pressure and high cholesterol
- Helps protect body from cells being damaged
- Fiber - Aids digestion, helps prevent spikes in blood sugar, can help protect against the development of certain cancers
- Omega 3 fatty acids - may benefit heart health and brain function

FUN FACTS:

- Brussels sprouts are named after Brussels, Belgium where it is believed they were first cultivated.
- Brussels Sprouts & Cabbage Month is in April
- January 31st is Eat Brussels Sprouts Day