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 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

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 Iowa.

VARIETIES
Most Brussels sprouts are alike.

Funded in part by USDA’s Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.