



Because Life Should Be Beautiful™

Brussels Sprouts

Said to have been cultivated in 16th century Belgium. Brussels sprouts are a member of the cabbage family and indeed resemble tiny cabbage heads. Many rows of sprouts grow on a single long stalk. They range from 1" to 1 1/2" in diameter. The smaller sprouts are more tender.

Plant in a sunny spot with ample water and fertilize once or twice before sprouts develop.

Harvest firm sprouts with crisp green leaves from the bottom first. They can be harvested by twisting off or cutting the sprouts from the stem.

Store unwashed sprouts in an airtight plastic bag in the refrigerator up to three Days, longer than that and the sprouts will develop a strong flavor.

The sprouts should all be the same size so they will cook evenly. Yellow leaves and tiny holes can be signs of bugs or worms. If you are worried choose bright green, compact heads, with clean white stem ends. If you're concerned that bugs may have taken up residence, soak the sprouts in a bowl of cold water for about twenty minutes to force them out.

As with Cabbage, either cook Brussels sprouts very briefly or braise slowly in the oven. Cook in small amounts of fast boiling water for about three minutes until just tender. To stir fry Brussels sprouts, slice into three or four pieces and then fry in a little oil or butter, they taste great with onions and ginger. Another great way to eat Brussels sprouts is to roll them in olive oil and bake them for about 45 minutes. They should start get crispy on the outside and soft in the center. Sprinkle a little bit of salt and Parmesan cheese on and they will be delicious.

Brussels sprouts are high in vitamins A and C and are a fair source of iron.

NEW VARIETIES WILL BE ARRIVING WEEKLY. BE SURE TO STOP BY AND SEE THIS WEEK'S SELECTION. THANK YOU!