

# SPOTLIGHT ON PRODUCE

## WHAT AM I?

Brussels sprouts resemble small cabbages. They are firm and bright green in color. They are believed to have originated from Brussels, Belgium.

## HOW DO I GROW?

Brussels sprouts grow on a stalk. They have a long and cool growing season. The growing season in Wisconsin is from September to December.

## NUTRITION FACTS

Brussels sprouts are a good source of vitamin C, A, potassium, calcium, and fiber. Brussels sprouts also contain some protein.

## FUN FACTS

Brussels sprouts are in the same family as broccoli, cauliflower, and Bok choy.

Over-cooking sprouts can result in an unpleasant odor.

## BRUSSELS SPROUTS

