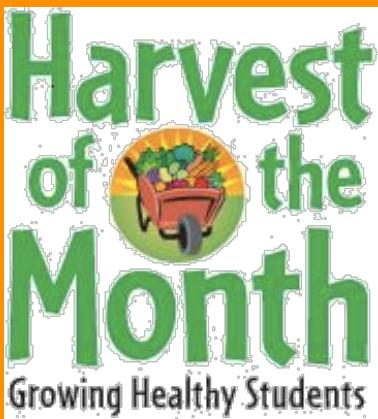


CHEQUAMEGON BAY



December

Did you know...?

- ✓ Harvested Brussels sprouts look like baby cabbages, but the plants actually look very different. Brussels sprouts are buds that grow along the length of a thick stalk. Cabbage and Brussels sprouts are both part of the Brassica family.
- ✓ Brussels sprouts originated in Iran and Afghanistan, and then got their name after becoming popular in the Belgian capital in the 16th century.
- ✓ Northern Brussels sprouts taste better! Cold-weather frost causes the plants to convert starches to sugar, resulting in a sweeter sprout. Most sprouts sold in stores come from California or Mexico and haven't endured a frost which is why they are more bitter.



Brussels Sprouts

How to Select

Brussels sprouts are sold loose or still attached to the stalk on which they grew. Select sprouts that are bright green in color and uniform in size for even cooking. Small, firm, compact sprouts are the best choice. Avoid soft sprouts or those with a strong cabbage aroma.

How to Store

Do not wash or trim Brussels sprouts before refrigerating. Store them in a perforated plastic bag for up to a week. Freeze Brussels sprouts for long-term storage. Blanch the sprouts for three to five minutes and immediately rinse in cold water before draining and storing in an airtight container.

How to Eat

Before cooking, remove the bottom portion of the stem and the outermost leaves. Brussels Sprouts can be roasted, sautéed, or steamed. Only steam the sprouts for five to ten minutes to prevent overcooking. If they are cooked for too long, not only do they lose their nutritional value and taste, but they will begin to emit an unpleasant smell.

Nutritional Benefits

Brussels sprouts are an excellent source of vitamin A, vitamin C (way more than an orange, by the way), vitamin K, as well as beta carotene, folic acid, iron, magnesium and fiber. They're also high in selenium, which is associated with reduced risks of certain cancers.



IN THE GARDEN

It's never too early to start planning your garden.

Brussels sprouts can be harvested into the late fall and early winter, making them a great crop for our cold climate.



Purchase seedlings and transplant outdoors in early June when nighttime temperatures are consistently above 40F. Plant seedlings 1 to 2 feet apart in rows 2 to 3 feet apart and water well. Weed and water at least weekly and in a few months you will be able to see the sprouts forming along the stalk.

Brussels sprouts can be harvested when they are around an inch in diameter, starting at the bottom of the plant and removing the bottom leaves as well to improve visibility. They will become sweeter and more flavorful if harvested after there has been a frost. Before winter sets in for good, cut down the stalks and harvest any remaining sprouts for one last feast.

Play with your food

Draw a funny face on all of vegetables that are part of the *brassica* family.



Answer: Kohlrabi, Cauliflower, Green and Red Cabbage, Brussels Sprouts, Kale, Broccoli, and Turnips are all in the *brassica* family.

Cooking Corner



* * *

Roasted Holiday Brussels Sprouts

Ingredients

- 1 lb fresh brussels sprouts
- 3 Tbsp olive oil
- 3 Tbsp honey
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp ground black pepper
- $\frac{1}{4}$ cup dried cranberries

1 Trim the ends off the brussels sprouts and then cut in half.

2 Whisk olive oil, honey, salt, garlic powder, and pepper in a large bowl and toss with Brussels sprouts.

3 Spread on a baking sheet and sprinkle with dried cranberries and parmesan cheese. Bake for 15-20 minutes at 450 degrees F until golden brown and easily pierced with a fork.