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# Brussels Sprouts

## Food \$ense Guide to Eating Fresh Fruits and Vegetables

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**Utah Local Fresh Season:** Brussels sprouts are harvested during the fall months. They taste best when harvested after several frosts.

**Availability:** Brussels sprouts are mainly grown in California and are available year round in grocery stores. The peak season is October through December.

**Eating:** Brussels sprouts have a taste similar to cabbage, but with a milder taste and denser texture. Brussels sprouts are good eaten with sauce toppings, in salads, roasted in olive oil, steamed with pasta, and baked with bread crumbs.

**Selecting:** Pick firm sprouts that are bright green in color. Fresh sprouts will need to be kept in refrigeration to prevent the leaves from turning yellow. Choose young sprouts as old sprouts have a strong, cabbage-like odor. Avoid wilted and blemished sprouts and those with yellow leaves.

**Cleaning and Preparing:** Wash and remove wilted outer leaves. Trim stem ends to be flush with the bottom. Cut a small "x" in the base with a sharp knife. This helps the sprout to cook more quickly and evenly.

**Storing:** Do not wash or trim sprouts before storing them in the refrigerator. Do remove any

wilting leaves and store the Brussels sprouts for 3–5 days.

**Cooking:** Brussels sprouts can be cooked a variety of ways. Try boiling, microwaving, baking, roasting, and steaming.

**Boil:** Bring water to a boil in a large pot, add sprouts, and quickly return the water to a boil. Cook sprouts until just tender, then drain sprouts. Use one cup of water for each cup of sprouts.

**Microwave:** Put ½ pound of Brussels sprouts in a microwave-safe dish; cover with ¼ cup water, cook. Medium sized sprouts will take about 4 minutes. Cook until tender.

**Steam:** Steam sprouts in a small amount of water. This minimizes odors and also nutrient losses. Sprouts can be added to an inch of boiling water or placed in a covered vegetable steamer. Steam sprouts for 5–12 minutes, checking them with a fork to test for tenderness.

**Nutrition Highlights:** Brussels sprouts are a healthy choice. They are a good source of riboflavin, iron and magnesium. Sprouts supply dietary fiber and vitamins.

**Growing:** Brussels sprouts grow well in full sun, but will tolerate part shade. Prepare a rich soil that holds moisture well and has a pH level of

### **Brussels Sprout Casserole**

1-1/2 tablespoon butter  
1/2 cup chopped celery  
1/4 cup chopped onions  
1-1/2 tablespoon flour  
1/2 teaspoon salt  
Pepper  
1 cup cooked or canned tomatoes  
1-1/2 cup cooked Brussels sprouts  
Fine bread or cracker crumbs mixed with melted butter

Heat the fat in the fry pan. Add the celery and onion and cook slowly until they are yellow. Blend in the flour, salt and pepper, and add the tomatoes. Stir and cook until the mixture is thick. Put the Brussels sprouts into the greased baking dish and add the tomato mixture. Sprinkle the crumbs over the top. Bake at 350 degrees about 30 minutes.  
Serves 4.

### **Brussels Sprouts Dijon**

25 brussels sprouts  
2 tablespoons Dijon mustard  
4 cloves garlic, chopped  
3 tablespoon butter  
Parmesan cheese  
Freshly ground pepper

Steam Brussels sprouts until tender. Melt butter in heavy frying pan. Add mustard to sprouts. Cook for approximately 3 minutes. Add garlic. Cook for 2 more minutes. Toss with Parmesan cheese and ground pepper and serve.

*Recipe from [www.cooks.com](http://www.cooks.com)*

### **Brussels Sprouts Sauté**

3 tablespoons butter  
2 cup Brussels sprouts (1/2 pound) halved  
1 leek, cut into 1/2 inch thick slices  
2 large. carrots, cut into 1/2 inch thick slices  
1 tablespoon water  
1/2 teaspoon caraway seeds  
1/2 teaspoon salt  
1/8 teaspoon pepper  
Sour cream, optional

Melt butter in a large skillet over medium heat. Sauté Brussels sprouts for 3 minutes. Stir in leek and carrot; sauté 2 minutes. Add water; cover; steam 5 minutes, or until Brussels sprouts are crisp-tender. Add additional water if necessary. Sprinkle with caraway seeds, salt and pepper.

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6.0-6.5. Some varieties that grow well in Utah are, Long Island Improved, Prince Marvel, and Jade Cross.

**Preserving:** The best home preservation method for Brussels sprouts is freezing. As with any vegetable, Brussels sprouts will need to be blanched prior to freezing.

### **References:**

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