
Selection

Select brussels sprouts that are green, compact, and firm with no browning. Avoid any sprouts with yellowing, signs of wilt or rot.

Brussels sprouts should be small, about one inch to 1.5 inches in size. Brussels sprouts are more tender and flavorful after the first frost.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Wash vegetables under running water just before eating, cutting, or cooking.
 - ◆ Sprouts are best fresh, so refrigerate sprouts only for a day or two.
 - ◆ Refrigerate fruits and vegetables in perforated plastic bags.
 - ◆ Keep produce and meats away from each other in the refrigerator.
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Why Buy Local?

- ◆ What you spend supports the family farms who are your neighbors.
 - ◆ The money you spend encourages sustainable and environmentally-friendly agricultural practices.
 - ◆ Buying local lets you see and meet the people who produce our food.
 - ◆ You are making a healthy choice for you and your family.
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FOR MORE INFORMATION...

Contact your local Extension office:

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100 Polk County Plaza, Suite 190
Balsam Lake, WI 54810
(715)485-8600
<http://polk.uwex.edu>

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Brussels Sprouts Coles de Bruselas

Uses

Brussels sprouts can be steamed, boiled, or microwaved. They make a tasty addition to soups, stews, and casseroles.



Baked Brussels Sprouts Au Gratin

Nutrition Facts

- ♦ Fat free
- ♦ High in Potassium
- ♦ Good source of Vitamin C
- ♦ Good source of Vitamin A
- ♦ Good source of Protein

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Try It!

Baked Brussels Sprouts Au Gratin

INGREDIENTS

1 quart	Fresh brussels sprouts
2 Tbsp.	Butter
1/2 cup	Green onions, chopped
1 Tbsp.	Flour
1/2 Slab	Bacon
1 1/2 tsp.	Garlic, chopped
1 1/2 tsp.	Parsley, chopped
1 cup	Water
1/2 tsp.	Salt
1/8 tsp.	Pepper
1/2 cup	Cheddar cheese, grated
2 1/2 Tbsp.	Bread crumbs

INSTRUCTIONS

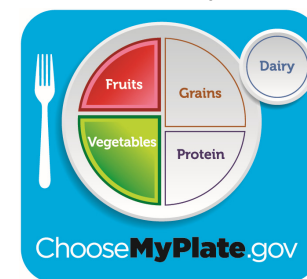
1. Preheat oven to 325 degree F.
2. Wash and “x” bottom of Brussels sprouts. Place in boiling water, enough to cover. Boil and simmer 10 minutes or until tender. Drain and reserve 1 cup hot liquid.
3. Melt butter in small skillet. Add green onions and sauté 3 minutes. Add bacon, garlic, and parsley. Cook 3 minutes more.
4. Pour in reserved water. Add salt and pepper. Bring to a boil, stirring constantly until thickened to

consistency of heavy cream.

5. Remove bacon from sauce.
6. Place sprouts base down in a buttered casserole. Pour sauce over. Top with grated cheese then breadcrumbs.
7. Bake 30 minutes or until top is browned.

Yield: 6 servings

Recipe Source: www.recipesource.com



History & Fun Facts

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.

Brussels sprouts are vegetables which grow as small leafy heads on one large plant stem.