



Produce of the Month

Brussels Sprouts



Nutritional Information

- When eaten regularly, brussels sprouts can protect your DNA!
- Brussels sprouts are a great source of fiber and antioxidants.
- Brussels sprouts are also great for Vitamin K and B-complex vitamins.

Fun Facts

- The heaviest ever sprout was grown in 1992 and weight 18 lbs 3 oz!
- Brussels sprouts get their name from Brussels, Belgium!
- Chinese medicine uses Brussels sprouts to promote digestive health.

Selecting, Storing, Preparing

- Selecting:** firm, compact, and vivid green.
- Avoid:** They should not be yellow, wilted, puffy or soft.
- Storage:** unwashed and untrimmed sprouts can be kept in a plastic bag in a refrigerator for 10 days. If you steam Brussels sprouts for 3-5 minutes before freezing, they can be kept for up to a year!
- Preparing:** Remove stems and yellow, discolored leaves before washing in cold water.

Recipes/Ideas

Fill the bottom of a steamer pot with 2" of water. Once water reaches a rapid boil put quartered Brussels sprouts in for approximately 6 minutes. Toss with honey mustard for added flavor.

For more ideas:

<http://www.realsimple.com/food-recipes/recipe-collections-favorites/popular-ingredients/brussels-sprouts-recipes>

9

5

2

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9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages

Manchester's Message for a Healthier You

<http://95210.townofmanchester.org/>