
Brussel Sprouts



- ◆ Brussel Sprouts grow like their relatives cabbages and broccoli. Small heads sprout and are harvested.
 - ◆ High in Vitamin K and Vitamin C, Brussel Sprouts are a cancer fighting vegetable. They are also high in folic acid and fiber.
 - ◆ They are members of the cabbage family.
 - ◆ For a few days around Christmas 2010, UK Burger King offered a “Sprout Surprise Whopper”. It was a classic Burger King Whopper with brussel sprouts and Emmental cheese.
 - ◆ First grown around Brussels, Belgium as early as the 12th century.
 - ◆ The total annual production of Brussels sprouts in the U.S. is almost 70 million pounds.
 - ◆ Much of the U.S. crop comes from Northern California.
 - ◆ Buy green, firm sprouts and keep them refrigerated as they are highly perishable.
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