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.