

BRUSSELS SPROUT

Brassica oleracea



ORIGIN & HISTORY

Brussels sprouts are thought to be native to Belgium, specifically a region near its capital, Brussels, after which they are named. The first written reference dates to 1587. They were introduced in North America by the 18th Century French Settlers in Louisiana. Commonly confused Brussels Sprouts is the proper name not Brussel Sprouts.

They are a cold hardy food plant that thrive in colder climates (winter months) with adequate supplies of rainfall and irrigation. Brussels Sprouts are sold not only for their culinary qualities but also for their ornamental appeal.

Harvesting:

Brussels sprouts take a long time to mature, sometimes over 100 days. These cruciferous vegetables are a cool weather crop. They can survive some frost and snow, & in warmer climates can even survive the winter without any additional protection.

The best time to harvest is in the fall, after the plants have been touched by a few light frosts.

Frost actually improves their flavor. This is because the drop in temperature triggers the plants to devote energy to producing sugar.

Shelf Life:

The shelf life of brussels sprouts depends upon how and when they were picked and how they are stored.

Raw on the counter, they will last 3-4 days, raw in the refrigerator, they will last up to 15 days. Cooked Brussels Sprouts will keep 2-3 days in the refrigerator.



Cooking With Brussels Sprouts

SHREDDED BRUSSELS SPROUTS & BACON PIZZA

INGREDIENTS:

- 1/2 pound Pizza Dough (at room temperature)
- 2 tablespoons Extra Virgin Olive Oil
- 1 tablespoon Honey
- 1 tablespoon Balsamic Vinegar
- 1 small Shallot
- 2 cloves Garlic
- 1 tablespoon Fresh Thyme Leaves
- Crushed Red Pepper Flakes
- Salt & Pepper
- 1 1/2 cups Shredded Brussels Sprouts
- 1/2 cup Grated Parmesan Cheese
- 1 1/2 cups Shredded Cheese
- 4 thick cut slices of bacon, chopped

Full Recipe Found Here:

<https://www.halfbakedharvest.com/shredded-brussels-sprout-and-bacon-pizza/>



Photo 1: Brussels Sprouts entering the harvester

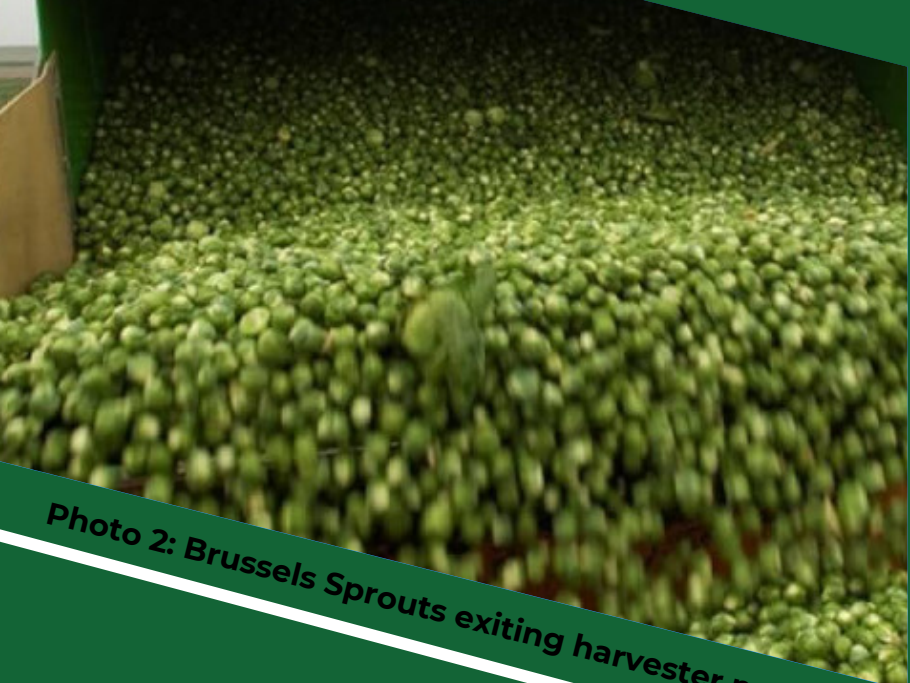


Photo 2: Brussels Sprouts exiting harvester machine

Photo References: <https://tumoba.nl/brussels-sprout-harvester/?lang=en>

Other References:

- <https://www.hitchcockfarms.com/blog/brussels-sprouts-25-fun-and-surprising-facts>
- https://specialtyproduce.com/produce/Brussels_Sprouts_Stalk_996.php
- <https://www.agrifarming.in/brussels-sprout-cultivation-information>
- <https://gardenspath.com/plants/vegetables/harvest-brussels-sprouts/>

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