

## Brussels Sprouts (*Brassica oleracea*)



Full Sun



### BRUSSELS SPROUTS

Brussels sprouts are readily distinguished from all other varieties of brassicas by the sprouts or buds, about the size of walnuts, which grow thickly around the stem; these sprouts are the parts used, and are equal in tenderness and flavor to cauliflower and broccoli.

This vegetable has never come into general use in this country, probably because it is too tender to stand the winters of some of the northern states. Still, by sowing in April or May, and planting out in July or August, Brussels sprouts may be had in fine condition until December. In the South, they may be harvested from November to March.

### The Culture of Brussels Sprouts

In early season, Brussels sprouts are treated exactly like any late cabbage. Till ample amounts of compost into the soil about two weeks before planting. When setting out plants, pinch off a few leaves and set plants 16 to 20 inches apart in rows of the same distance. Break off most of the lower leaves late in summer, to concentrate the plant's energy on the immature buds.

Sprouts are ready to harvest when heads are one to 1 1/2 inches wide; begin picking the lower buds first. Shortly before the ground freezes, plants can be spaded up with some soil and transplanted in a moist greenhouse, cold frame or basement.

If the soil is kept damp, sprouts will continue to mature. Brussels sprouts are a late-season crop and are improved by a few fall frosts. As with cabbage, avoid planting where a brassica was the previous crop. Harvest lower Brussels sprouts first, always leaving a crown of leaves to produce food for the plant.

### Varieties

Jade Cross Hybrid produces delicious, blue green sprouts. Long Island Improved has a maturation of 90 days.

### Nutrient Value

Sprouts are rich in calcium and iron, and contain significant quantities of vitamins A and C.