### Nutrition Info
One cup of cooked Brussels sprouts has 60 calories and provides vitamin C and A.

### Fun Facts
Brussels sprouts got their name from Brussels, Belgium, where they originated!

One serving of Brussels sprouts contains as much vitamin C as an orange.

In Wisconsin, peak Brussels sprout season is from about September through December. Look for them at winter farmers’ markets!

### Uses
Sprouts can be baked, roasted, steamed, or sautéed. The method of cooking greatly influences the flavor. If you don’t like them steamed, try them roasted or sautéed.

Try adding sliced sprouts to soups, casseroles or stews!

Try caramelized sprouts – sauté sliced sprouts with a little olive oil, minced garlic, salt and a teaspoon or two of brown sugar. Yum!

### Family Friendly Activities
Check out your local farmers’ market and purchase sprouts that are still in the stalk. Count the number of sprouts on each stalk!

How many cruciferous vegetables can you name? Here are a few examples to get you started: Brussels sprouts, radishes, napa cabbage, and kale!

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**Pick:**
- Choose small, firm, compact sprouts with unblemished leaves.
- If possible, select sprouts that are still attached to the stalk.

**Store:**
- Sprouts that are still on the stalk will keep for several days in the refrigerator. If sprouts have been removed from the stalk, use within 3-5 days.

**Prepare:**
- Remove from the stalk with a sharp knife.
- Remove any discolored outer leaves, and prepare as desired!
- If cooking whole sprouts, cut an X in the base to ensure even cooking.

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The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
Roasted Brussels Sprouts
Serves 8 (1/2 cup per serving)

Ingredients:
- 2 pounds fresh Brussels sprouts
- 1 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. black pepper

Directions:
Preheat oven to 400 degrees. Wash and remove the ends of each sprout, along with any discolored leaves. Chop larger sprouts in half to ensure even cooking. Place the sprouts into a bowl with the olive oil, salt and pepper. Spread the sprouts onto a sheet pan and place into the oven for 15-20 minutes until edges are brown and crispy.

For more information on Farm2School & Foot Steps to Health visit: www.GetActiveLacrosse.org!