



# Harvest of the Month

## January is Brussel Sprouts



### Nutrition and Health Benefits

- Brussels sprouts are rich in vitamin C, vitamin K, folate and fiber.
- Brussels sprouts are rich in antioxidants to help reduce inflammation.

### Preparation & Cooking Tips

- Store brussels sprouts in a plastic bag in the crisper drawer of your refrigerator. Do not wash them before storing or they will decay faster.

### Kid-Friendly Eating Tips

**Kids in the kitchen** - Kids can help wash the brussel sprouts, drizzle with the olive oil, assemble brussels sprouts on a stick.



### Selection

- Smaller brussels sprouts will be sweeter and more tender.
- Larger sprouts will taste more like cabbage.
- Remove all yellow, wilted leaves before you store sprouts to keep them fresh.

### LEARN

#### facts



- ✓ There is one specific gene responsible for the bitter taste. If you have this specific gene, the veggie will taste bitter.
- ✓ In 2008, Linus Urbanect ate 31 Brussels sprouts in one minute.
- ✓ One sprout weighed more than 18 pounds and was harvested in the United Kingdom in 1992.
- ✓ Sprouts supplied enough power to light up a Christmas tree in the United Kingdom.
- ✓ One plant grew to 9' 3" in the United States in 2000.



Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Fit Families, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, BRF Library and the community.

# Brussel Sprouts are the Harvest of the Month!

## Did you know?

- Brussels sprouts contain four times the amount of vitamin C as an orange.
- If you smell sulfur while cooking your brussels sprouts, you have cooked them for too long. This is what causes them to have a bitter flavor.
- One cup of fresh brussels sprouts has only 38 calories, but is loaded with nutritional value.
- The antioxidants found in brussels sprouts have been proven to decrease tumor growth in lab animals, though not yet proven in humans.
- In 2010, a team of scientist and school children used the energy from 1000 brussels sprouts to light up a Christmas tree in London.

## Roasted Brussels Sprouts with Bacon, Walnuts and Cranberries

**22-24 (about 2 pounds) Brussels sprouts**

**1 med. Red onion, sliced thin**

**1 tbsp extra virgin olive oil**

**3 bacon strips**

**¼ cup dried cranberries**

**¼ cup walnuts, roughly chopped**

**salt and freshly ground black pepper**

**1 tsp maple syrup (optional)**



### INSTRUCTIONS:

Preheat oven to 375F°. Clean and trim Brussels sprouts and cut them in half. Add Brussels sprouts to a cooking tray and drizzle extra virgin olive on top. Season with salt and pepper and toss using your fingers to coat evenly. Bake for 25-30 minutes until Brussels sprouts are tender. Meanwhile, cook bacon strip until just short of crispy and transfer to a plate covered with paper towel. Keep the bacon oil! Add walnuts to the bacon oil and cook on medium heat for 2-3 minutes, until walnuts are golden brown. Add walnuts to the plate next to the bacon.

Chop bacon into bite size pieces and toss in a bowl together with walnuts, dried cranberries and Brussels sprouts (and maple syrup). Season with salt and pepper and serve.

**Nutrition Information: Per 1 c. Approx. 150 Calories, 9g Fat, 16g Carb., 5g Fiber, 6g Protein**

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