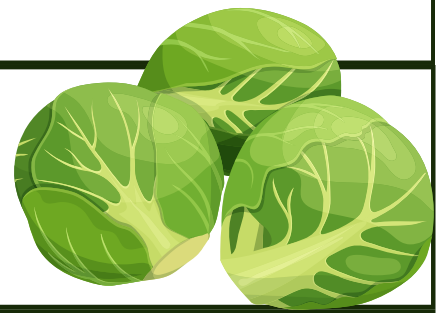


# ABC'S OF FOOD

At Cook County Farm Bureau, we love food... All types of foods in all types of shapes and all types of flavors. In this feature, we will be highlighting different types of food, primarily fruits and vegetables, from A to Z (we are not sure what to do with X yet!).

## BRUSSELS SPROUTS



**The growing season is late summer and early fall in the Midwest.**

They really are named after Brussels, the capital of Belgium, where they were a popular 16th century craft

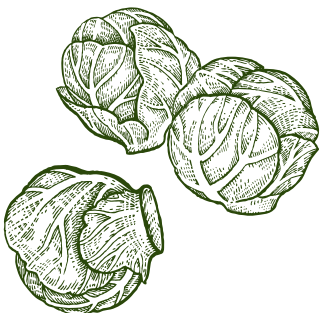


Colorful purple sprouts are the result of a hybrid developed from purple cabbage in the 1940s.

Some people call Brussel sprouts "*baby cabbages*" because they belong to the cabbage family and resembled miniature cabbages. Their cousins include kale, collards, kohlrabi, broccoli and cauliflower.

**Brussel sprouts can be eating raw, boiled or roasted.**

¼ pound of Brussel sprouts have about 48 calories, 10 g carbs, 4 g protein, and zero fat and cholesterol.



**Depending on the size, there are 17 – 50 sprouts in a pound.**

**THE BEST BRUSSELS SPROUTS SPORT TIGHTLY WRAPPED LEAVES, A BRIGHT GREEN COLOR AND FIRM STEMS.**

**80%**  
About 80% of brussels sprouts are sold frozen rather than fresh