

Brussel Sprouts

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Brussel Sprout has anti-cancer properties and fights common cold

GEEK TALK

Brassica oleracea

BUT WE TALK

Brussels Sprouts

DID YOU KNOW?

Believed to have originated near Brussels, Belgium, brussels sprouts is a versatile vegetable closely related to the cabbage family. Cut off from the stems which can grow to 3 feet or taller, the buds are typically small and have the appearance of tiny cabbages.

Brussels sprouts are often boiled, steamed, or roasted, but also can be used in stir-frys. They are relatively easy to grow and are cold tolerant with a typical growth cycle of 3 months or less.

KITCHEN PHARMACY

- Brussel Sprouts are believed to have great anti-cancer properties and many believe they reduce your risk of getting cancer.
- They are seen as very beneficial to lowering cholesterol as well as promoting good heart health.
- Sprouts are also believed to reduce inflammation and help prevent and fight against the common cold.

