



• **Brussels Sprouts**

- We grow to about 3 feet tall
- Our colors vary from dark-green to bluish-green to purplish-red
- The cabbage-like leaves overlap and are tightly enclosed to the smaller inside leaves and core



Did you know?
Steamed **Brussels Sprouts** helps your digestive system break down food.



Brussels Sprouts are known as the ABC's of vegetables because they are rich in vitamin A, B, C