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Brussels sprouts are a curious food. They are part of the brassica family, which includes broccoli, cauliflower, and cabbage. The forerunners of Brussels sprouts are thought to have been in cultivation as a food source since the time of ancient Rome. The plant as we know it today was developed in Belgium around the 16th century, then brought to the Americas in the 1800's. The Long Island Improved variety made its first appearance in on Long Island, NY in the 1890s. Its compact growth and tendency to produce many sprouts on short stems helped make it a favorite of home gardeners.

Like many members of the brassica family, Brussels sprouts are cool weather plants, doing best when planted in late summer and allowed to mature through the fall and winter. They even taste better if exposed to light frosts! **Sources: CC Grow, Foodprint**

Craft: Seed Balls

Create a seed ball to add pollinator friendly plants anywhere.

- Natural clay
- Wildflower seed mix (be sure the mix is native to your area!)
- Seed starting soil mix



1. Take a hand full of clay and flatten into a sheet with your palm. Sprinkle seed mix and soil mix in the center of the clay. Knead until the soil and seeds are evenly distributed.
2. Pinch off a section of the clay and roll into a thin coil. Pinch off 1/2 inch sections. Roll each section into a ball.
3. Leave to dry on a newspaper or tray. Use the seed balls as gifts or toss them into the yard for extra bursts of color.

Brussels Sprouts (Long Island Improved)



Grab & Grow Seed Kits



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Open-pollinated variety in use since the 1890s! Semi-dwarf plants produce lots of tasty sprouts on short, self-supporting stems. Sweeter when harvested after first frost.

Seed Package Instructions:

Culture: Plant 3 seeds every 24", 1/4" to 1/2" deep in well-drained, organically fertilized soil mixture. Ideal soil temperature for germination is between 50 - 80°F. Seeds will germinate in 5-10 days. Once plants are around 2" tall, thin to one plant every 24". Make sure plants are placed in a location where they will receive full sun throughout the day.

Water: Brussels sprouts require 1 - 2" of water per week. Make sure to water evenly, soil should remain moist.

Harvest: Brussels sprouts will reach maturity in 80 - 100 days. Sprouts may be harvested once they are firm and are around 3/4" to 1" in size. Brussels sprouts start maturing from the base of the plant, so begin your harvest from the bottom sprouts. Remove the leaf just below the sprout and snap or cut off the sprout.

PLANTING LOG

PLANT NAME _____

LATIN NAME _____

EXPECTED DAYS TO GERMINATION _____

EXPECTED DAYS TO MATURITY _____

Location of Planting:	Watering Log:
Date Seed Planted:	Date
Number of Seeds Planted:	
Germination Date:	
Date of First Harvest:	
Date of Last Harvest:	
Pests/Problems:	
Notes:	

Sautéed Brussels Sprouts

Yield: 4-6 Prep time: 5 minutes Cook Time: 15 minutes

Ingredients

1.5 lbs. Brussels sprouts trimmed, halved, thinly sliced	½ lb. shallots thinly sliced
3 Tbs. extra virgin olive oil or butter	2 Tbs. Apple Cider Vinegar
4 tsp. sugar	½ tsp. kosher salt
¼ tsp. ground black pepper	

1. Trim ends off Brussels sprouts, cut in half, and thinly slice.

Thinly slice shallots.
2. Heat a large skillet over medium high heat. Add olive oil or butter to pan and swirl to coat.
3. Add sliced shallots and sauté until tender (about 3 minutes), stirring occasionally. Add sugar and vinegar and sauté until brown. Remove shallots from pan.
4. Add sliced Brussels Sprouts, sauté for 5 -7 minutes until brown, add shallots, salt and pepper. Toss and serve.



