

# Brussels Sprouts

## Look:

Brussels Sprouts look like tiny cabbages. They are grown on a stalk and the leaves are bright green with a white core.

## Taste:

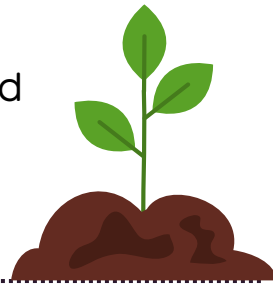
These taste similar to cabbage, but are slightly milder in flavor and have a dense texture.

## Touch:

The leaves on brussels sprouts are wrapped tightly together and when eaten raw they crunch when you bite into them.



The heaviest Brussels sprout ever grown weighed 18 pounds 3 ounces.



## Did you know?

One stalk can produce between 60 and 100 sprouts.



## Health Benefits

