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virginia home food production

BRUSSELS SPROUTS

DEPARTMENT OF HORTICULTURE

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BLACKSBURG, VIRGINIA 423

ENVIRONMENTAL PREFERENCES

LIGHT: sunny

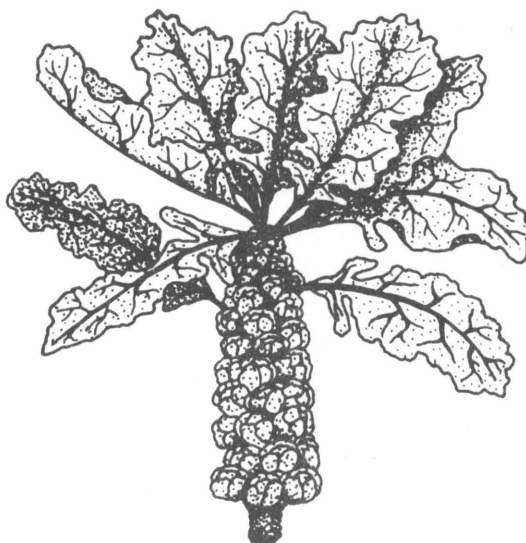
SOIL: well-drained loam,
high organic matter

FERTILITY: rich

pH: 5.5 - 6.5

TEMPERATURES: cool (60-65°F)

MOISTURE: keep moist,
not waterlogged



CULTURE

PLANTING: sow seeds early to
mid-summer

SPACING: 12-18" x 24-30"

HARDINESS: hardy biennial

FERTILIZER NEEDS: heavy feeder,
sidedress 1 Tbl. ammonium nitrate
per 20 ft. of row 2-4 weeks after
planting or when plants are 12"
high.

CULTURAL PRACTICES:

Brussels sprouts are best grown
for harvest in the fall because
cool weather during maturity is
essential for good flavor and
quality.

Brussels sprouts are tall
(sometimes 2-3') erect biennials
that are grown as annuals. The
sprouts develop in the leaf axils
and mature along the stalk. The
lowest sprouts mature first and
should be harvested when firm,
1 1/2 - 2" in diameter. Lowest
leaves may be removed to permit
sprouts to mature.

COMMON PROBLEMS

DISEASES: Clubroot, yellows or
fusarium wilt, backleg
and black rot.

INSECTS: cabbage root fly maggots,
cutworms, cabbage worm,
cabbage looper worms,
flea beetles, aphids.

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CULTURAL: sprouts have loose tufts of leaves instead of firm heads (sprouts developed during hot weather, crop failures can also be due to water stress)

NUTRITIONAL VALUE

1 cup cooked sprouts
(7-8 sprouts $1\frac{1}{4}$ - $1\frac{1}{2}$ in. diameter)

<u>Grams</u>	<u>Calories</u>
155	60
<u>% U.S. RDA</u>	
<u>Vitamin A</u>	<u>Vitamin C</u>
15	230

HARVESTING AND STORAGE

DAYS TO MATURITY: 80-100 days from seed

HARVEST: when sprouts are hard, compact and deep green about $1-1\frac{1}{2}$ in diameter. Twist or snap off the stalk. The lowest sprouts mature first.

APPROXIMATE YIELDS: (per 10 ft. row)
4-6 lbs.

AMOUNT TO RAISE PER PERSON: 5 lbs.

STORAGE: cold (32°F), moist (95% RH) conditions, 3-5 weeks

PRESERVATION: freeze

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