



# Growing Brussels Sprouts

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## Brussels Sprouts Take All Summer

Brussels sprouts are slow growing vegetables that require 90-120 days to reach maturity. Plant them in a sunny location in well-drained fertile soil.

## Sowing the Seed

Plant the seeds  $\frac{1}{4}$  to  $\frac{1}{2}$  in. deep. Thin to 18 in. apart. Transplants may be started in April for May planting. These plants can withstand light frosts and do better when matured in cool weather. Keep the plants weeded or mulched. Pinch off the top leaves to encourage side growth. Keep plants well watered. Pinch out the growing tip of the plant in late summer to encourage development of the upper sprouts on the stalks.

## Preventing Pests and Disease

Rotate Brussels sprouts with non-cabbage family crops to avoid soil borne fungal and viral diseases. Row covers will deter flea beetle, root maggots, and cabbageworm.

## Harvesting and Storing

Harvest the lower sprouts when they are 1-1 1/2 in. in diameter by breaking off the leaf below and snapping off the sprout. Sprouts higher up will continue to grow. Entire stalks can also be harvested before the ground freezes. Sprouts keep for several weeks if the whole stalk is taken and kept in a cool place.

Brussels sprouts will develop a sweeter flavour after a few light frosts.

Learn more about growing Brussels sprouts from the Cornell University site [www.gardening.cornell.edu](http://www.gardening.cornell.edu) >

Learn more about Brussels sprouts on [Wikipedia](https://en.wikipedia.org/wiki/Brussels_sprouts) >