



# Brussels Sprouts



Brussels Sprouts are a member of the cabbage family and well suited to the cool and rainy climate of Skagit County. These delicious vegetables have enjoyed a resurgence in popularity as preparation methods have greatly increased to including roasting, grilling, and pan frying.

## Nutrition

Brussels Sprouts are highly nutritious, with a single serving supplying 102% of daily requirement of Vitamin C and 169% of Vitamin K. They also contain quantities of B vitamins, and by comparison with other vegetables, they are high in fiber and contain a higher amount of protein.

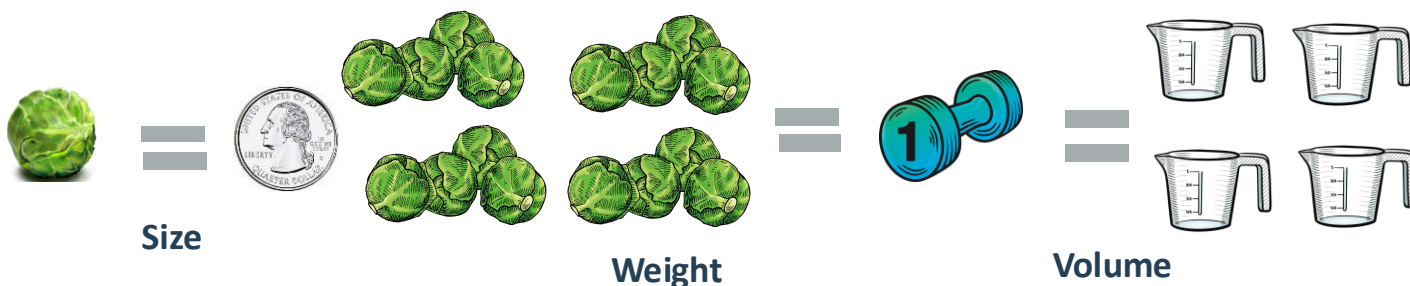
## Selection

Select bright green, tightly packed heads, that are firm to the touch. Smaller sprouts tend to be sweeter and more tender than the larger ones. Avoid sprouts with yellow leaves, brown spots, or wilting. Wash thoroughly before freezing, drying, pickling. To clean, rinse the sprouts under cold running water. You can hold 3 or 4 in your hands at a time or place all of the sprouts in a colander. While the water pools over them, rub the outside of each sprout with your fingers to remove any dirt or debris. Pat them dry with a paper towel.

## Storage

Store fresh, unwashed, and untrimmed Brussels sprouts — both loose and on the stalk — in a plastic bag in the crisper drawer of the refrigerator. They will last approximately a week but will lose their sweetness with extended storage. Brussels Sprouts on the stalk are best for longer term storage.

## Measurements



## Freezing

- Select green, firm and compact heads. Examine heads carefully to make sure they are free from insects.
- Trim, removing coarse outer leaves. Wash thoroughly. Sort into small, medium and large sizes.
- Water blanch small heads 3 minutes, medium heads 4 minutes and large heads 5 minutes.
- Cool promptly in cold water and drain.
- Drain and pack in moisture-vapor proof freezer containers or freezer weight plastic bags.
- Remove all air possible from the container before it is sealed. Seal, label and freeze.



## Drying

**Preparation:** Thoroughly wash Brussels Sprouts. Cut in half lengthwise through the stem.

**Pretreatment:** Water blanch in boiling water 4 minutes. Cool quickly in ice bath.

### Drying Procedure:

- Arrange in single layers on drying trays.
- Dry at 140°F for 12-18 hours until tough to brittle. Cool thoroughly.
- Package in moisture/vapor proof containers. Label. Store in a cool, dark, dry place.
- Lightly cover and store in a dry, well-ventilated place for 4 to 10 days. Stir or shake containers daily to separate pieces.

**NOTE:** If beads of moisture form inside the container return Brussels sprouts to drying trays for further drying, then repeat the conditioning step.



## Boiling Water Canning



**Brussels Sprouts are a low-acid food. Pressure canning is not recommended and there are no processing times available from the USDA.**



## Pickling

Pickled Brussels Sprouts may be safely preserved using the boiling water canning method. Because brussels sprouts are a low acid food, the proportion of vinegar to water in a pickling recipe is critical. Use only tested, approved pickling recipes and follow instruction for preparation of brussels sprouts.

### Pickled Brussels Sprouts

Yield: About 9 half-pints

Ingredients.

- 12 cups small Brussels sprouts
- 4 cups white vinegar (5 percent)
- 2 cups sugar
- 2 cups thinly sliced onions
- 1 cup diced sweet red peppers
- 2 tbsp mustard seed
- 1 tbsp celery seed
- 1 tsp turmeric
- 1 tsp hot red pepper flakes

Directions.

Wash Brussels sprouts (remove stems and blemished outer leaves) and boil in salt water (4 tsp canning salt per gallon of water) for 4 minutes for Brussels sprouts.

Drain and cool. Combine vinegar, sugar, onion, diced red pepper, and spices in large saucepan. Bring to a boil and simmer 5 minutes. Distribute onion and diced pepper among jars. Fill jars with pieces and pickling solution, leaving 1/2-inch headspace.

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### Pickled Brussels Sprouts, continued

Remove air bubbles and adjust headspace if needed. Wipe rims with a clean, damp paper towel. Adjust two-piece lids and process in a boiling-water canner according to below.

Once processing is complete, turn off heat, remove the canner lid and wait 5 minutes. Remove jars. Let cool at room temperature, undisturbed, 12 to 24 hours and check for seals. Wipe jars, remove rings, label, and store in a cool, dry place.

#### *Processing Directions:*

Style of pack	Jar Size	1–1,000 ft	1,001 to 6,000 ft
Hot	Half Pints or Pints	10 minutes	15 minutes



Preserve Skagit Crop Sheets describe three food preservation techniques—freezing, drying, and boiling water canning—consistent with USDA Food Preservation and Food Safety recommendations. Pressure canning for low acid foods such as meats and vegetables is not included.

Additional resources and recipes, as well as information on Pressure Canning, can be found on the WSU Skagit Food Preservation Website <https://extension.wsu.edu/skagit/fam/food-preservation/> or the National Center for Home Food Preservation <https://nchfp.uga.edu/index.html>.

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