

URBAN FARMER

LOVE THE EARTH

From Seed to Harvest: A beginner's guide to growing Brussels sprouts

A beginning species of Brussels sprouts actually originated in Ancient Rome, and small, cabbage-like vegetable was brought to America in the 1800s. Brussels sprouts belong to the Cole crop family and grow throughout a long season with a fall harvest. They can be prepared in various ways, such as roasting, boiling or eaten in thin shavings.

To plant:

Brussels sprouts seeds are planted in the spring for a fall harvest, but they must be started indoors four weeks before the last frost date. When you transplant the sprouts to your garden, plant them two feet apart in rows set three feet apart.

To grow:

Brussels sprouts don't mind water on their leaves, and gardeners can water the plant freely. If lower leaves begin to yellow, remove them from the plant. As sprouts begin to grow on the plant, sometimes the plant can become top heavy so it is suggested to stake the plant or hill soil around it if you experience this problem. A tip to increase the quality of the sprouts is topping the plant about three weeks before the harvest. To top the plant, cut the tip of the plant off above the Brussels sprouts when the sprouts are still young. This redirects extra energy to the sprouts' growth.

To harvest:

For the best sprouts flavor, wait until after the first fall frost to harvest, as the frost provides a sweetness to the sprouts. Sprouts are ready when their buds are green and about one to two inches in diameter. If you are not harvesting the whole stalk, twist the sprouts off the stem and harvest from the bottom up, as this is how Brussels sprouts



[Gustus Brussels Sprout seeds](#)
[available at ufseeds.com](#)

mature. Only pick as many as you need, and the sprouts can stay on the stem through the first part of winter. The smaller, tender leaves of the plant also can be harvested and cooked like collards.

What Brussels sprouts craves:

Brussels sprouts crave a well-nourished soil with a pH of 6.8 and plenty of water, such as an inch a week. Brussels sprouts are treated like broccoli and cauliflower and don't require lots of additional nitrogen to grow, but do best in well-drained soil. Sprouts require six hours minimum of sunlight daily.

Where to buy Brussels sprout seeds:

Urban Farmer sells a handful of different Brussels sprouts varieties. Check out our website at ufseeds.com



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Non-GMO Seed



One Day
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100%
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