

Brussels Sprouts

Suggested varieties: *Darkmar 21, Nautic F1, Rubine*

PLANT



Sow seed 0.5cm deep in pots or seedbed. Transplant seedlings when 10cm tall at 60cm apart in firm fertile soil; bottom leaves touching the soil

GROW



Mulch to conserve moisture. Plants are top-heavy so stake and pull soil around stems ('earth-up'). Remove yellowing leaves. Cover with netting to help protect from pests

EAT



Cut or tug sharply to remove sprouts ('buttons') when 3cm across and tightly closed, working up the stem. Can taste better after frost. Use the top leaves as a cabbage

Growing guide

Give it a go...

Average time to harvest

From 20 weeks

Equipment needed

Stakes, twine, netting

Germination time

7-12 days

Average plant size

75cm tall, 40cm wide

Family group to grow with

Brassica: swede, calabrese

Seed saving group

5 - Biennial, needs isolation

Key nutritional content

Folate, vitamin C, fibre

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
		■	■	■	■						
■	■	■						■	■	■	■

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Brussels Sprouts

Vegetable

