

BRUSSEL SPROUTS

These plants are a real sight to see in the garden. The mini cabbage heads develop above every leaf node on the single stalk. When eaten fresh (within a few days of the harvest) the taste is that of a refined cabbage. We've discovered that the leaves, which are pulled off as the sprouts reach maturity, are quite a delicious cooking green on their own. As with many of the fall crops, the flavor of Brussels sprouts improves with the first frost.

Storage Tips

- Keep Brussel Sprouts unwashed in a plastic bag (keep longer on the stalk).
- Best if eaten fresh but will last up to one week

Culinary Tips

- Remove any damaged out leaves, trim the base & cut a crosshatch in the core to allow for even cooking.
- For steaming, the smaller sprouts will take 5-8 min. & the large ones 8-10 min. Test with the point of a knife, they should be tender but retain a slight crunch. If steamed too long the sprouts will turn grey.
- If you are not eating the cooked sprouts right away, cool them off immediately to preserve their color and texture.
- Season the steamed sprouts with lemon juice, butter, pepper, or parsley
- Sprouts can be steamed until barely tender & then halved lengthwise & sautéed
- Leftover sprouts are a nice addition to stir-fries.

Brussel Sprout-Squash Casserole

1 lb Brussel Sprouts
1 ½ cups winter squash, peeled and cubed
1 medium onion, minced
1 cup chopped celery
1 TBS butter
2 TBS oil
¼ cup whole wheat flour
2 cups milk
½ tsp salt
½ tsp marjoram
Dash pepper
Dash nutmeg

Clean, trim, and core Brussel Sprouts, cut large ones in half. Steam sprouts and squash separately until barely tender. Set aside.

Preheat oven to 350° F.

While squash and sprouts cook, chop onion and celery. Sauté onion in butter and oil. Add flour and cook slowly for 3 minutes, stirring continually. Add milk and spices slowly, stirring to keep mixture smooth. Bring to a boil and remove from heat. Correct seasonings.

In a greased 8" x 8" baking dish, arrange cubed squash on bottom and spread over it an even layer of Brussel sprouts. Sprinkle chopped celery over the top. Pour the sauce over the vegetables and

sprinkle with nutmeg. Bake for 30 min.
Serves 4 to 6. From *The CSA Food Book*

Brussel Sprouts with Apple and Leeks

4 TBS butter
1 medium leek or onion, chopped (about ½ cup)
2 medium apples, peeled, cored, and diced
1 lb Brussel sprouts, ends trimmed and cut in half from the top through the stem
end
1 ½ cups apple cider
4 whole cloves
Salt and pepper to taste
2 TBS cider vinegar

Melt butter over medium heat in a large skillet or saucepan. Add the leeks or onions and the apples. Saute until the apples are softened, about 4 minutes.

Add the sprouts and sauté for about 4 minutes, stirring gently. Stir in the apple cider, the cloves, and the salt and pepper to taste. Cover and reduce the heat to a simmer. Cook until the sprouts are easily pierced with a knife, about 10 minutes. Turn off the heat.

Drain the liquids into another smaller saucepan. Keep the sprouts covered. Reduce the cooking liquids by half over medium-high heat. Add the vinegar and cook for 2 or 3 minutes longer, stirring and scraping the pan to loosen any bits clinging to the pan. Taste for seasoning. Remove the whole cloves from the sprouts and pour over the juices. Serve at once.

From the *Genesis Farm Cookbook*