

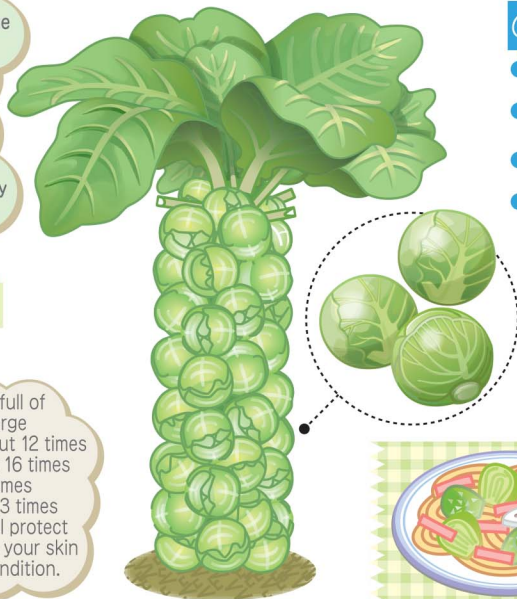
[Brussels Sprouts] Appealing for being packed with nutrients!

Now in season

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|------|------|------|------|------|------|-------|------|------|------|------|------|
| Mar. | Apr. | May. | Jun. | Jul. | Aug. | Sept. | Oct. | Nov. | Dec. | Jan. | Feb. |
|------|------|------|------|------|------|-------|------|------|------|------|------|



They are a variety of cabbage from Belgium, and are also called "komochi cabbage" (cabbage with children) because a single stalk can have around 60 to 70 sprouts. In Japan, Shizuoka Prefecture accounts for more than 90% of shipments, and this is the only time of the year when they are generally sold fresh!



How to Choose and Store

- Choose ones with leaves that are tightly closed, dark, and vivid.
- Choose packs with ones that are uniform in shape and size.
- Prevent drying by using plastic bags and newspaper, and putting them in the refrigerator.
- When freezing, boil them so that they are still firm to also remove bitterness, drain well, cool, and then store in a plastic bag.

Nutritional Content

- Beta-carotene (vitamin A), vitamin B2, vitamin C, dietary fiber, etc.



This vegetable is packed full of nutrients. Compared to large cabbages, they have about 12 times the beta-carotene, about 16 times the vitamin B2, about 6 times the vitamin C, and about 3 times the dietary fiber! They will protect you from germs and keep your skin and intestines in good condition.

Recommended Dishes

They become soft and flaky when heated. Enjoy their rich taste by boiling them as is, cutting them in half and stir-frying, or heating them up.



Brussels sprouts pepperoncino



White stew with Brussels sprouts



Main reference websites: "Explanation of types, how to choose, and how to eat Brussels sprouts," olive-hitomawashi / "Seasonal Brussels sprouts aren't cabbage sprouts?", Weathernews Inc.
 Reference: "Adult Visual Dictionary Vol. 4: Vegetables" (PIA MOOK, December 2018)
 [Note] The prime season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click "English" at the bottom of the homepage.
<http://www.sonykenpo.or.jp/>

