

## Eat Your Brussels sprouts!

Love the  
Food  
You Eat!

# Growing Brussels Sprouts

This cool-season crop is most flavorful after it "kissed" by frost. Keep plantings moist and well mulched during the heat of summer, and you will be rewarded with sprouts until Christmas and beyond.



### **When & How to Plant:**

Transplant into the garden in late June or early July. Space plants 18 to 24 inches apart. Plants have shallow root systems. Avoid even shallow cultivation. Mulch to protect roots, reduce weed competition and conserve moisture. Use floating row covers help protect from early insect infestations.

**Maintenance & Care:** Grow in the summer for fall harvest, similar to a fall cabbage or broccoli crop. To help reduce disease, do not plant Brussels sprouts or other cole crops in the same locations more than once very three or four years.

**Preferred Sunlight:** Full Sun.

**Preferred Soil Conditions:** Prefers well-drained, fertile soil high in organic matter. Can tolerate slightly alkaline soil. Needs plentiful, consistent moisture.

### **Some varieties recommended for New York Include:**

Oliver  
Rubine Red

### **Source:**

**Cornell University, Home Gardening, Vegetable Growing Guides.**  
**For a complete Growing Guide and additional information visit.**

[www.gardening.cornell.edu](http://www.gardening.cornell.edu)



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