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Brussels sprouts, a superfood that's here to stay

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Food trends come and go, but Brussels sprouts are here to stay. Not only do these cruciferous vegetables play nice with other tasty foods, but they are low in calories and full of health benefits. Brussels sprouts are rich in antioxidants and high in fiber and vitamins, especially vitamins K and C.

"Thanks to creative chefs, online and at home, Brussels sprouts versatility and adaptability to any dish has been getting the attention it deserves," said Oscar Guzman, director of marketing and sales for Progressive Produce.

Beginning in February, Progressive will promote Brussels sprouts recipes and health benefits on social media to show younger generations and families with kids how delicious and nutritious

Brussels sprouts are and how easy it is to incorporate them into their weekly recipe rotations.

"Our spring crop from Mexico is just under way, and the quality is excellent," said Cory Stahl, vice president of sales. "Retailers can promote early and often through the winter and spring. While it's cold home chefs can cook in the oven or on a skillet. As the weather warms, Brussels sprouts transition nicely to the BBQ".

The company carries conventional Brussels sprouts year-round and organic Brussels sprouts seasonally. Product will be packed in bulk 25-pound boxes in addition to a dynamic bag program with many sizes and styles available.

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