

Brussels Sprouts

Brassica oleracea var. *gemmifera* · Brassica family

DIFFICULTY Moderate–hard

TYPE Annual, seedling

MATURITY 90–120 days



SUN
Full sun



WATER
Consistent, deep



SOIL PH
6.0–7.0



SPACING
60–75cm



DEPTH
as per seedling

01 A long, cool-season crop

Sprouts form along a tall central stem over months, maturing from the bottom up. Cold actually improves flavour — a light frost sweetens the sprouts nicely.



02 Planting

METHOD	Transplant seedlings, staked in exposed spots as they grow tall.
SOIL	Rich, firm, well-drained.
TIMING	Plant in late summer to early autumn for a winter harvest in most zones.

04 Problems

- **Cabbage moth** — net or hand-pick.
- **Aphids** — cluster under leaves and between sprouts; hose off.
- **Loose, open sprouts** — loose soil or too much nitrogen; firm soil well.
- **Clubroot** — rotate beds, keep pH up.

03 Growing care

- Firm soil well at planting — loose soil produces loose, open sprouts.
- Stake tall plants in windy positions.
- Remove yellowing lower leaves as the plant matures.
- Pick sprouts from the bottom up as they firm.

05 Harvest & storage

SIGNS	Sprouts are firm and tight, walnut-sized, starting from the base.
METHOD	Snap or cut sprouts individually from the bottom up.
CURING	None needed.
STORAGE	Fridge crisper, 1–2 weeks; can also stay on the stalk in cold weather.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Onion Celery Beans	Tomato Strawberry	Rotate brassicas on a 3–4 year cycle.