



Brussels Sprouts Planting Guide

About Brussels Sprouts

Brussels Sprouts are a traditional winter-stock vegetable grown for its edible buds. The leaf vegetables resemble miniature cabbages ranging in color from green to purple.

When to Plant

Start seeds indoors around 6 weeks before the last frost in early spring. A light frost after planting will help intensify the flavor of the Brussels sprouts.

Where to Plant

Using raised beds is beneficial for Brussels sprouts. Start seedlings indoors and then transplant outdoors. Brussels sprouts grow in temperature ranges of 45-75 degrees F and thrive in full sunlight or at least 6 hours of direct sunlight per day.

How to Plant

Plant seedlings at 1/4" depth. When seedlings reach 4-6" tall with 2-4 leaves, transplant by hand into outdoor garden with 15-18" of space between plants.

Caring for Brussels Sprouts

Keep the soil evenly moist by watering at the base of the plant. Brussels sprouts require 1" of water per week or more. Mulch around plants during summer to keep the soil cool. Start to harvest when Brussels sprouts are about 1" in diameter, or after 90-180 days after planting. Harvest the sprouts from the bottom of the stalks first if not cutting the entire stalk.