

WHAT DO YOU KNOW ABOUT THE HUMBLE SPROUT?

The humble sprout – seems innocent enough. But is there more to those little green baby cabbages than you realise? We've pulled together some interesting, some sort of interesting and some frankly mundane facts and figures about everyone's favourite (or least favourite) part of Christmas.



Believed to have been grown in Italy in
ROMAN TIMES



The modern Brussels sprout was first
CULTIVATED IN LARGE QUANTITIES IN BELGIUM IN 1587
hence the name "Brussels" sprouts



Part of the
BRASSICA FAMILY

like cauliflower and broccoli

THE TITANIC

was the same weight as the number of sprouts sold in Britain in the last 12 months – 40,000 tonnes



CAPTAIN COOK
made his crew eat sprouts to combat scurvy



NO.1 MOST HATED
vegetable in the USA and UK

£30 MILLION

The estimated amount spent each Christmas on sprouts



4

BILLION

The number of sprouts bought in the week before Christmas

There are

60 CALORIES

in a cup of cooked Brussels sprouts



80% VITC

of the RDA of Vitamin C in a 1/2 cup of cooked Brussels sprouts



HAVE A WONDERFUL FESTIVE SEASON FROM EVERYONE AT TEAMSPROUT

Know a fact we haven't included? Send us a tweet @teamspiritgroup

#teamsprout

Or if you want to see what other interesting, sprout-flavoured bits we've pulled together visit www.teamsprout.co.uk

