

Overview of brassica oleracea var. gemmifera and its nutritional values

[Nutrition](#), [Healthy Food](#)



Brassica oleracea var. gemmifera also known as Brussels sprouts is originated 400 years ago during the renaissance Europe, the vicinity of Brussels which is now Belgium. It was called as Flanders back then. It was seriously cultivated in the United States after being transported within the mid-nineteenth century. Along with that, it is now cultivated all over Europe and the United States. The biggest Brussels sprouts producer in the U. S is California. These Brussels sprouts are related to the other known vegetables in the Brassica genus, for example the cabbage, cauliflower, broccoli and kale. It is from the member of the Brassicaceae or Cruciferae (mustard family). Brussels sprouts looks much like a mini cabbage, but its taste is different compared to cabbage. Cabbage's flavour is more to the dull side, whereas Brussels sprout's has more to a very fine, unique taste. There are many varieties of Brussels sprouts such as Red Vein, Churchill Hybrid Brussels Sprouts, Bubbles, Rubine and many more.

Brussels sprouts are plants that grow in a cool weather with a light frosting surrounding. It is around 90cm tall and its stem are light greyish green and can grow up to 2-3 feet tall. It has round to heart-shaped leaves with long petioles with light greyish green colour and the development of the leaf axils are around the stems and Brussels sprout's flowers are in yellow colour, and are borne in terminal racemes. The Brussels sprouts are sized as small as a walnut, which is around 1-1.5 inches in diameter. The sweetness of the sprouts is determined by the head of this vegetable, the smaller it is the sweeter the taste will be. The Brussels sprouts plant's fruit is called as a silique, it has a length of 4.5-10cm and a width of 20-60 seeds. Upon

reaching maturity, the siliques frequently begins to gape as the pods turn brown. The seeds are small and round in dark to purplish brown colour.

As the other Brassicaceae family vegetables, Brassica oleracea var. gemmifera contains many nutritional benefits too. They have been linked to several health benefits according to several nutritionists. Below attached is the table for the nutrition value of per serving (100g) of Brussel sprouts. Tables above shows the different types of nutrition found in raw Brussels sprouts in 100g. Brussels sprouts supplies nutrients to the body's three main systems which are closely connected with the cancer development and prevention. These systems are the body's detox system, the antioxidant system and the inflammatory or anti-inflammatory system. When one of these systems faces chronic imbalances, it will then cause the risk of cancer to increase significantly. The prevention of cancers such as bladder cancer, breast cancer, colon cancer, lung cancer, prostate cancer, and ovarian cancer are most closely associated with the intake of Brussels sprouts. The body needs sulphur for its detox system and Brussels sprouts are rich in sulphur containing nutrients. The glucosunolates that us obtained from the Brussels sprouts can be broken down to sulforphane which is also known as 4-methylsulfinybutyl isothiocyanate. It is a dietary isothiocyanate synthesized from a precursor found in cruciferous vegetables of the genus Brassica.