



The Journey of a British Brussel Sprout

From field to fork

The story from our suppliers and growers

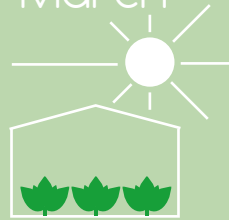
Brussels sprouts are a member of the cabbage family, and an excellent source of protein and vitamins.

January



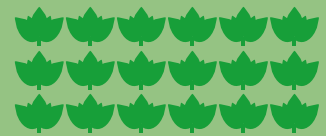
Planning begins for next harvest

March



Journey begins with planting seeds in a greenhouse to grow

April



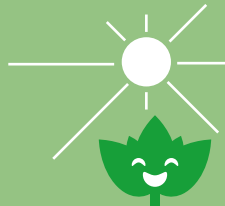
When ready they are dug up and placed outdoors, evenly with space to grow

October



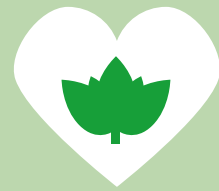
The first sprouts are now ready for harvest

June



The warmer summer weather makes ideal growing conditions

May



Ensure every brussel gets plenty of food and protection

November



These sprouts are then packaged and shipped to Bidfood Depots

December



Eventually ending up on your dinner plate!



Time for much needed rest and prepare for the next harvest

Every day I'm brusselin'

#RootingForVeg



 Bidfood
Inspired by you