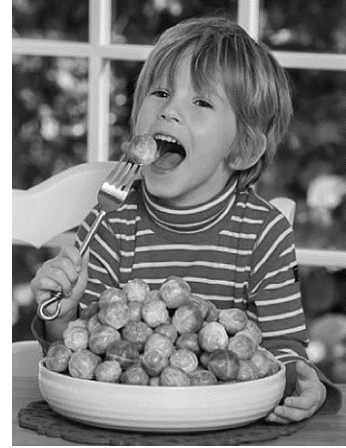


Sweet Sprouts

By **Sean Poulter**

- 1 No matter how you dress them up, Brussels sprouts are one Christmas tradition that many children could do without. Over the years, attempts have been made to improve the flavour, adding sweet glazes, chestnuts or pieces of smoked bacon, but in many, many cases to no avail. Now supermarket chain Waitrose has worked with growers in Yorkshire and Lincolnshire to develop sprouts that they insist are a .
- 2 According to scientists, children are not just being b when it comes to the knobbly sprout. Reluctance to wolf them down stems from survival instinct, as toxins tend to have a bitter taste, just like sprouts. Sweetness, on the other hand, usually indicates that something is safe to eat, which is why children adore biscuits, cakes and desserts. But there is a good reason why parents ought to urge their little poppets to eat Brussels sprouts: they have twice as much vitamin C per 100g as oranges, approximately 115mg as opposed to 54mg.
- 3 Amy Lance, Chief Sprout Taster at Waitrose says: “The humble Brussels sprout is a wonderful bundle of deliciousness, but so often overlooked by children or choosy eaters. The poor little sprout is often rejected by people both little and large alike due to its perceived c taste, so the supermarket giant has worked secretly with its farmers over the past year to create a milder flavoured sprout. We believe this variety will win over even the most ardent sprout haters. We hope it will get a massive thumbs up from children this Christmas and encourage them to ‘eat their greens’.”
- 4 Packs of the newly-developed sprouts will sell at £2.50 for 330g, which is not cheap when some stores will sell the d varieties at 99p per kilo. But some parents may yet find it is a price worth paying.



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