



Here's to Your Health!

At *Bruin Plate*, we offer you a menu of fresh and wholesome food choices. Discover how the foods we prepare for you are not only delicious, but also beneficial to your health!

»CRUCIFEROUS VEGETABLES«

What is a Cruciferous Vegetable?

The word **cruciferous** is derived from the Latin root, *cruciferae*, which means "cross-bearing or crucifix." Cruciferous vegetables come from plants with flowers that have four petals resembling a cross. Cruciferous vegetables belong to the Brassica, or mustard family, and are one of the most abundant food crops worldwide. Well-known examples include bok choy, broccoli, cabbage, and cauliflower. Arugula, horseradish, radishes, wasabi, and watercress are also cruciferous vegetables.

What are the Health Benefits?

This family of vegetables is rich in sulfur-containing compounds known as glucosinolates. Cruciferous vegetables have been linked to reducing the risk of lung and colorectal cancer. During the process of food preparation and digestion, the **glucosinolates** are broken down into biologically-active compounds such as *indoles* and *isothiocyanates*, which inhibit the development of cancer cells. They are also rich in nutrients such as vitamins C, E, and K, potassium, folate, and other minerals.

Cruciferous Vegetables Served at Bruin Plate:

- Arugula
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Collard Greens
- Turnip
- Watercress
- Daikon
- Kale
- Horseradish
- Kohlrabi
- Mizuna
- Radish
- Rutabaga
- Tatsoi



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