

## Broccoli Sprouts Fight Cancer

by Mary Ellen Burriss

Scientists at Johns Hopkins University School of Medicine have discovered that three-day old broccoli sprouts have exceptionally high amounts of a natural cancer-fighting compound. For years scientists have known that vegetables in the cabbage family had beneficial health effects. Recently, they've had success in drilling down further to unlock the secret benefits... the reasons why eating such foods can reduce the risk of disease. Dr. Paul Talalay and his colleagues, working over 20 years, showed that some varieties of vegetables such as broccoli contain substantial quantities of sulforaphane (sul-FOR-a-fane) which helped support antioxidants, such as vitamins C and E.

Next they found when testing the tender shoots of broccoli at the three day-old stage that they were loaded with a concentrated form of the cancer fighter, 20 to 50 times more than in the mature vegetable. Then they determined that not all broccoli sprouts are alike. The scientists tested more than 50 varieties of broccoli seeds, and found only a few types that had large, uniform levels of the natural cancer-fighting chemical. Since the discovery, Johns Hopkins has obtained a patent and an exclusive license to market the trademarked BroccoSprouts has been granted to the Brassica Sprout Group.

There's a local connection. Springwater Sprouts in Honeoye Falls, south of Rochester, is one of 14 growers of the power-packed BroccoSprouts, testing for sulforaphane content to ensure guaranteed levels. The quality and safety control procedures at Springwater Sprouts, supplier of other sprouts to Wegmans for over 20 years, are among the most stringent in the sprouts industry which has been hit with contaminated seed problems leading to outbreaks of disease caused by salmonella and E.coli.

A one-ounce serving of BroccoSprouts, about 1/2 cup, contains about as much of the cancer-fighting compound as 1-1/4 pounds of cooked mature broccoli. And here's the good news for the George Bush types who would rather die than eat broccoli...these sprouts don't really taste like broccoli. They have a peppery flavor, a nice contrast in salad or a sandwich.

Now, don't misunderstand me. This product is not a 'silver bullet'. Life's not that simple, however, it is a fascinating story in the unfolding of knowledge about nutrition. The research is promising

and it appears that consuming BroccoSprouts with sulforaphane as part of a healthy diet rich in vegetables and fruits may indeed help reduce the risk of some cancers.

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