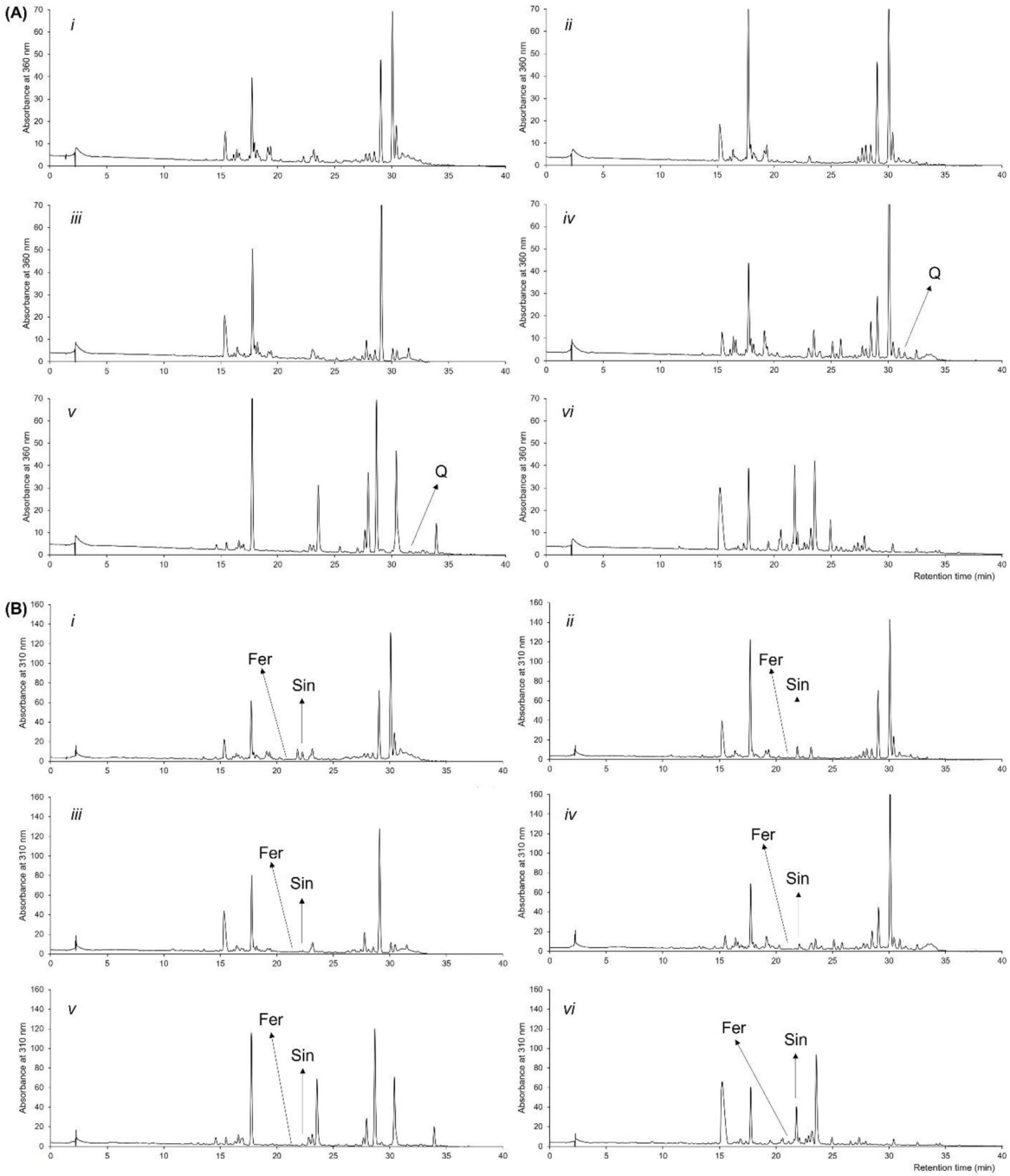

(A)
i
ii
iii
iv
v
vi
Q
Absorbance at 360 nm
Retention time (min)
(B)
Fer
Sin
Absorbance at 310 nm
Retention time (min)

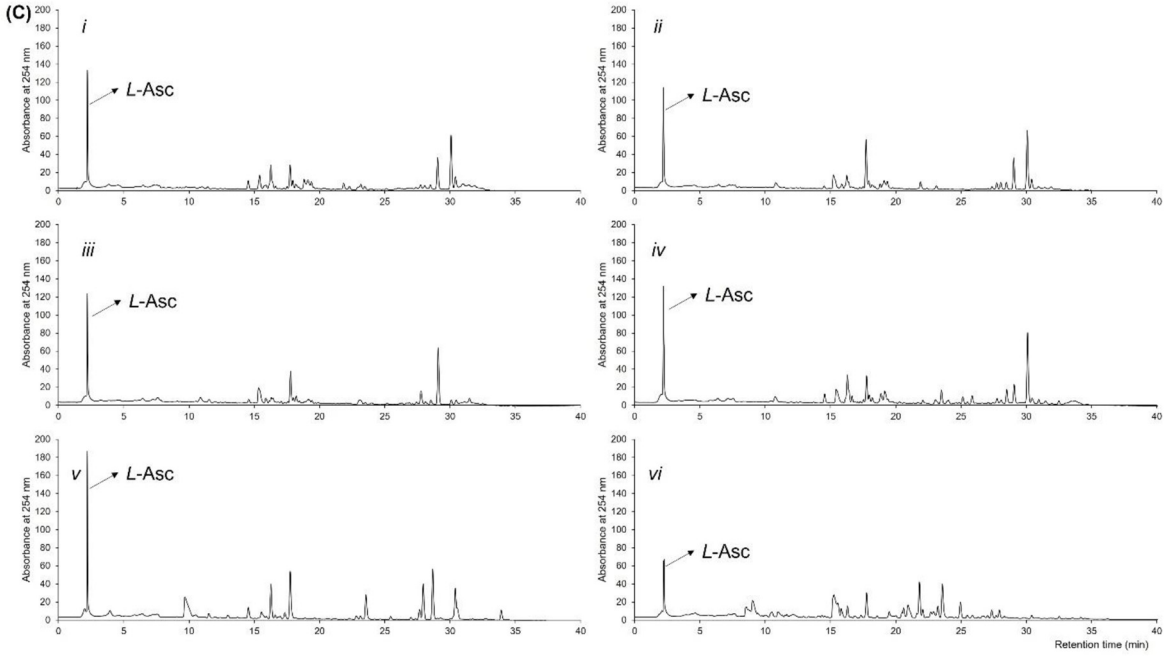
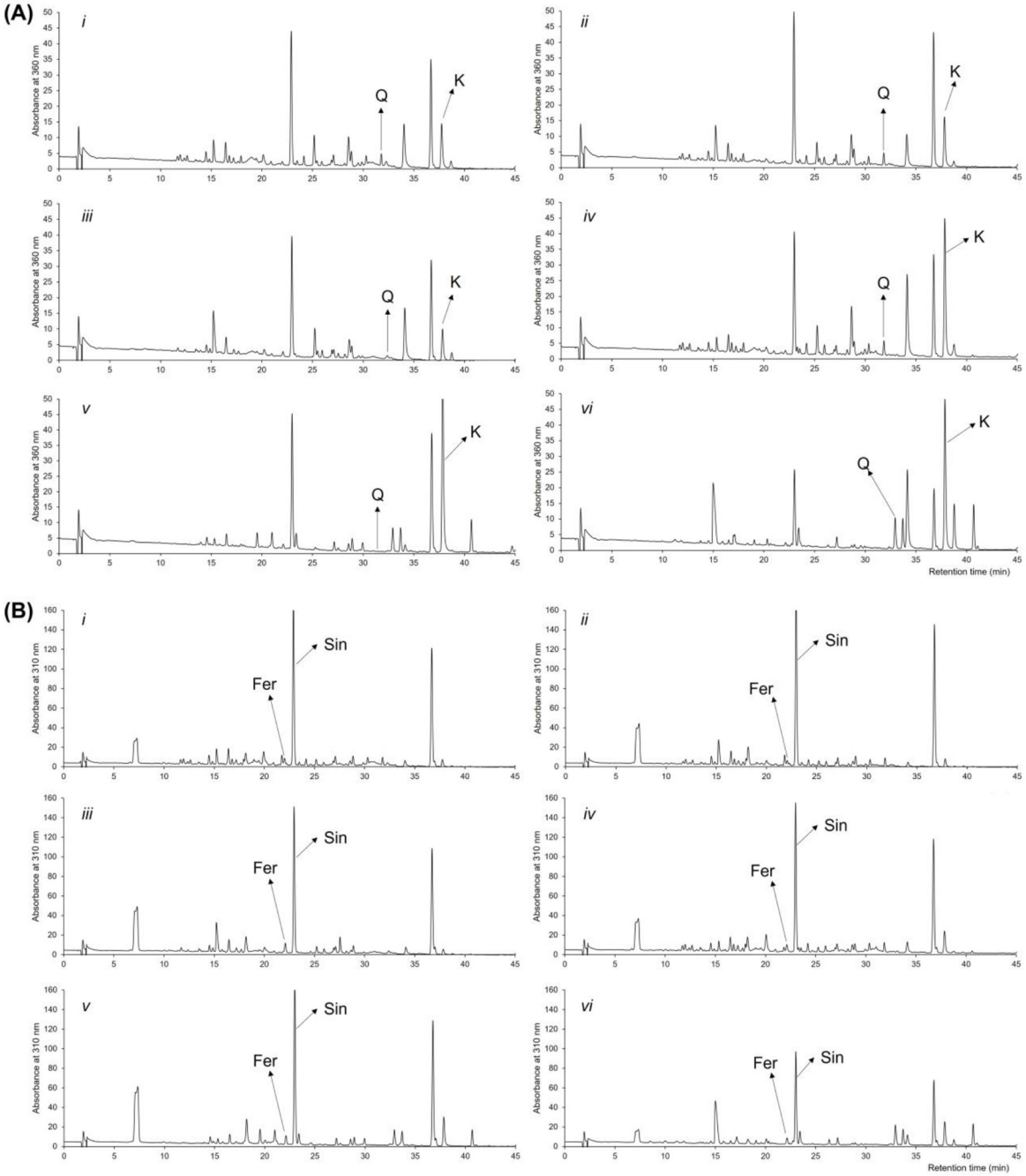


Figure S1. HPLC chromatograms of (*i*) kohlrabi (Brassica oleracea var. acephala gongylodes, sort Viola), (*ii*) kale (B. oleracea sabauda, sort Re d`inverno), (*iii*) Brussels sprouts (B. oleracea gemmifera, sort Bruxelles mezzo nano), (*iv*) cauliflower (B. oleracea botrytis, Palla di neve X), (*v*) radish (Raphanus sativus, Cherry belle) and (vi) garden cress (Lepidium sativum) extracts before hydrolysis recorded at (A) 360 nm, (B) 310 nm and (C) 254 nm.


(A)
i
ii
iii
iv
v
vi
Q
K
Absorbance at 360 nm
Retention time (min)
(B)
Sin
Fer
Absorbance at 310 nm
Retention time (min)

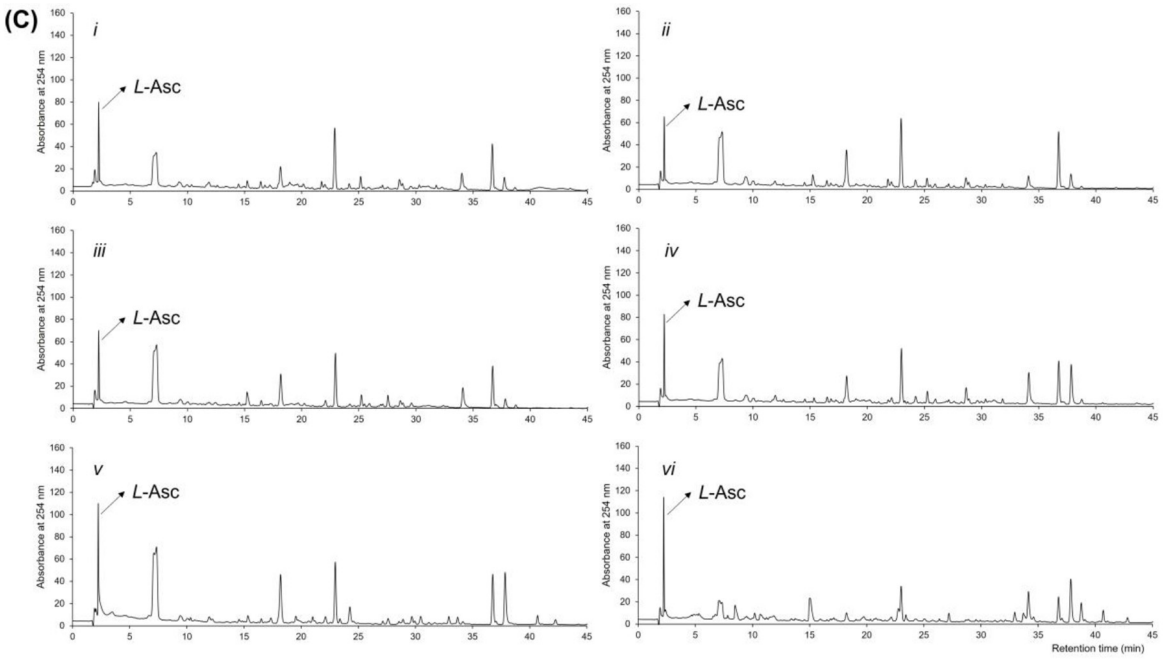


Figure S2. HPLC chromatograms of (*i*) kohlrabi (Brassica oleracea var. acephala gongylodes, sort Viola), (*ii*) kale (B. oleracea sabauda, sort Re d`inverno), (*iii*) Brussels sprouts (B. oleracea gemmifera, sort Bruxelles mezzo nano), (*iv*) cauliflower (B. oleracea botrytis, Palla di neve X), (*v*) radish (Raphanus sativus, Cherry belle) and (*vi*) garden cress (Lepidium sativum) extracts after hydrolysis recorded at (A) 360 nm, (B) 310 nm and (C) 254 nm;. Q = quercetin, K = kaempferol, Sin = sinapic acid, Fer = ferulic acid, L-Asc = L-ascorbic acid.