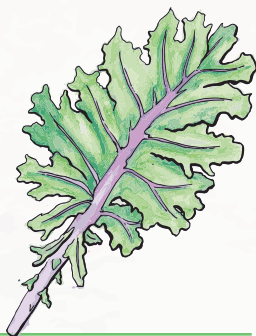


Harvest of the Month NEBRASKA

# LEAFY GREENS



Locally-grown greens are highlighted this season for Nebraska Harvest of the Month and being offered on your school's menu! Leafy greens like collard greens, chard, spinach, kale and a variety of lettuces are spring favorites for Nebraska gardens. Did you know some "tops" are also edible, like turnips and beet greens? Try them in smoothies or mixed into a salad!

## SELECTION, STORAGE & COOKING:

- Select greens that have fresh, green leaves; remove wilted or yellow leaves and avoid any rot on the leaves.
- Keep un-rinsed greens in plastic bag in crisper for about 3 days; 5 days if wrapped in moist paper towels.
- Each type of greens has a different flavor and popular cooking method. Most greens make great additions to stir fry, soups or stews.

## SEASONAL AVAILABILITY



## SUPER SMOOTHIES

### Ingredients:

- 1 cup spinach
- 1 cup water
- ½ cup frozen mango
- ½ cup frozen berry blend
- 1 banana

### Directions:

1. Place spinach and water in blender. Puree until smooth.
2. Add fruit and blend again. Enjoy!

<https://simplegreensmoothies.com>



LEARN MORE ABOUT HARVEST OF THE MONTH

[www.education.ne.gov/ns/farm-to-school/harvest-of-the-month](http://www.education.ne.gov/ns/farm-to-school/harvest-of-the-month)

# FUN WITH LEAFY GREENS

## WHAT'S INSIDE MY GREENS?

Match the different nutrients available in many leafy greens, with the beneficial functions they do for your body.

Vitamin C	Helps with digestion
Vitamin A	Necessary for bone metabolism
Vitamin K	Helps your body's healing process
Fiber	Important to vision & healthy skin

## WHICH IS WHICH?

Draw a line from the name to the respective leafy green image.

Romaine

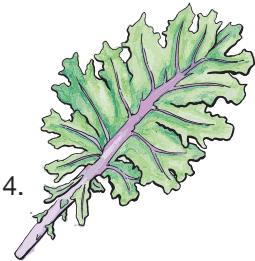
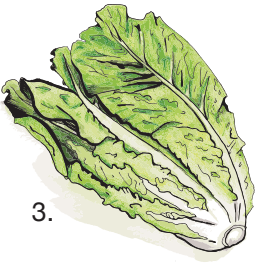
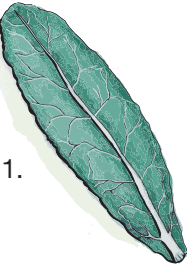
Spinach

Swiss Chard

Collard Greens

Red Russian Kale

Lacinato Kale



What's Inside My Greens Answers: Vitamin C-Helps your body's healing process, Vitamin A- Important to vision & healthy skin, Vitamin K- Necessary for bone metabolism, Fiber- Helps with digestion, Which is Which Answers: Romaine 3, Spinach 6, Swiss Chard 2, Collard Greens 5, Red Russian Kale 4, Lacinato Kale 1.