

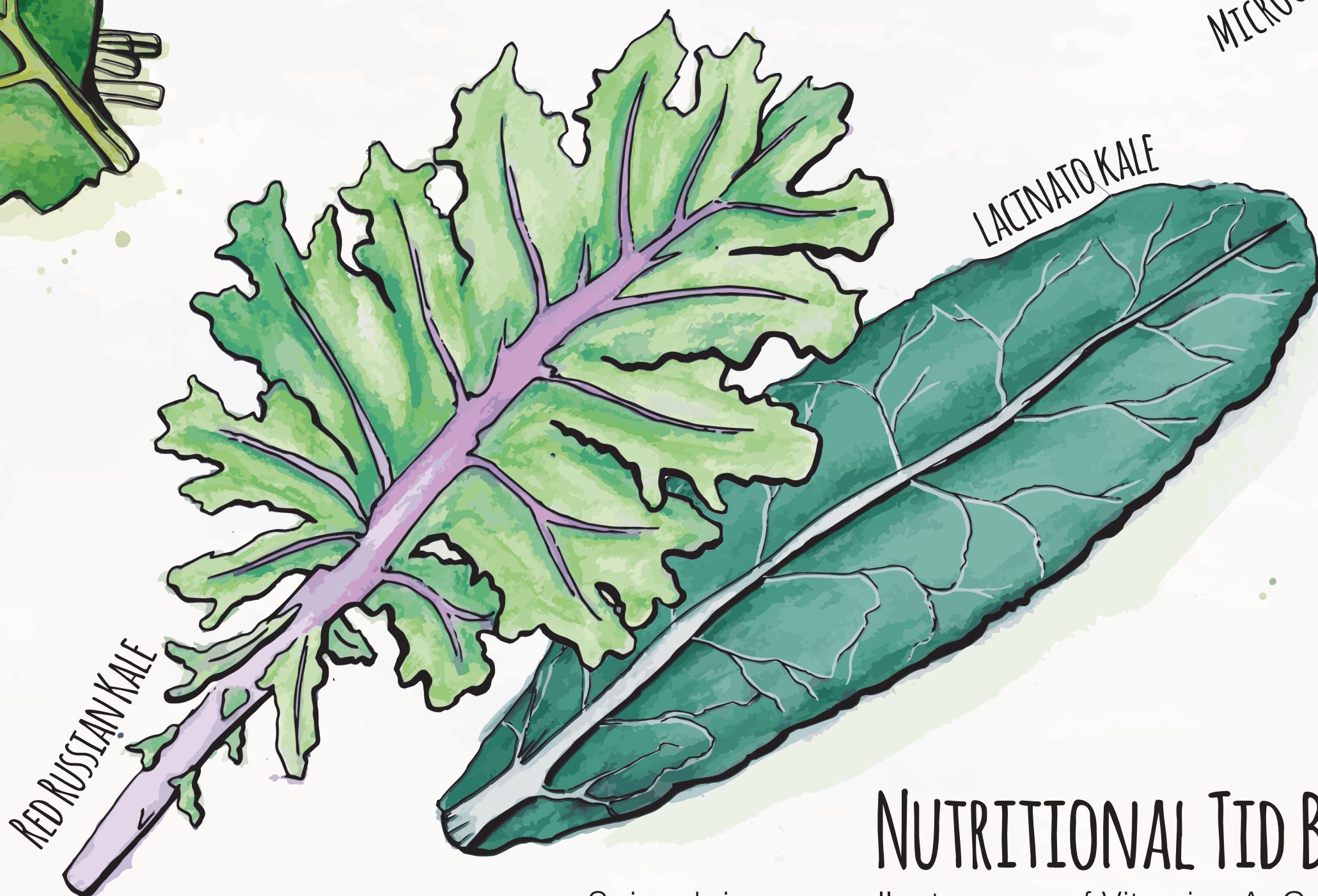
# Harvest of the Month

# LEAFY GREENS



## DID YOU KNOW -

Romaine is a good source of folate and Vitamin K. Tear leaves instead of cutting, which can destroy the Vitamin C.



## NUTRITIONAL TID BIT -

Spinach is an excellent source of Vitamins A, C, and K, folate, potassium, and fiber. Because spinach is 91% water, cooked spinach is even higher in these nutrients.



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