

Leafy Greens

Harvest of the Month Newsletter | April



FUN FACTS

- Leafy greens include various types of lettuce, spinach, Swiss chard, watercress, collard greens, mustard greens, turnip greens, and kale.
- Kale ranges in color from white-green and yellow-green, to blue-green and violet. Some varieties were developed for ornamental purposes.
- Swiss chard was first grown in Italy, but was named by a Swiss scientist.
- Collard greens, mustard greens, and turnip greens are popular in Southern US cuisine.



GOOD FOR YOUR BODY

Most leafy greens are rich in many nutrients, such as vitamin A, vitamin C, antioxidants, fiber, folate (a B vitamin), vitamin K, magnesium, calcium, iron and potassium. These nutrients perform a variety of functions in the body, including promoting good vision and healthy bones, supporting immune function, acting as antioxidants that may help prevent certain cancers, and regulating blood pressure, blood sugar, and blood cholesterol.

HARVEST SEASON

Most Pennsylvania leafy greens are in May with a late season harvest in August through October.

TASTY TIPS

- For lettuce, look for brightly colored leaves.
- Spinach, Swiss chard, collard greens, mustard greens, and kale should be stored, unwashed, in an airtight bag in the refrigerator.
- If pre-packaged greens are labeled "ready to eat," "triple washed," or "no washing necessary" they do not need to be washed again unless specifically directed on the label. All other leafy greens should be thoroughly washed before eating, processing, or cooking.



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