



## The Vegetable of the Month is **GARDEN GREENS!**

Garden greens come in many colors. Even though we call them greens, they can also be white, yellow, red, or purple!

Greens form the base of salads. The word salad comes from the Latin term "*herba salta*," or "salted herbs" because Romans often served greens with seasonings high in salt.

Lettuce, a common salad green, can grow as a "head" (like iceberg lettuce – its round, layered leaves are about the size of someone's head), or as loose leaf lettuce. There are many kinds of lettuce, such as ruby leaf, Boston, Bibb, and Romaine. Most lettuces have a mild, sweet flavor.

Other kinds of salad greens are beet greens, kale, collard greens, mustard greens, arugula, spinach, chard, mâche, radicchio, endive, pea greens, tat soi, watercress, and frisée. They come in many shapes and flavors, from all over the world.

Some greens, such as endive, spinach, kale and collards are often eaten cooked. Greens such as mustard and arugula are nice and spicy!

Garden greens are high in **fiber, iron, vitamin C, and beta-carotene**. In general, the darker green the leaves, the more nutritious is the salad green. By varying the types of greens in your diet, you will get the most nutritional value as well as a wide variety of tastes!



**Look for Greens on  
the lunch line this month.  
TRY THE SALADS!**

