

Romaine Lettuce



Red Oak Leaf

Harvest of the Month at Home

Leafy Greens

Did You Know

- While there are hundreds of varieties of lettuce, there are four main types: butterhead (e.g., Boston, bibb), crisphead (iceberg), looseleaf (e.g., red leaf, green leaf), and romaine.
- The average American eats about 30 pounds of lettuce every year. That's about five times more than in the early 1900s.
- Salad greens may be one of the oldest known vegetables. There are pictures of wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D.
- Leafy greens are not a large part of Montana's agricultural landscape. Produce such as lettuce, spinach, collards, and chard only amount to about 13 acres of farmland across the state. However, they are easy to find at farmers markets and are great vegetables for gardens.
- While leafy greens have different nutritional profiles, most greens are sources of folate, vitamin A, vitamin C, calcium, and potassium. Most greens also provide vitamin K, which helps the body stop cuts and scrapes from bleeding too much and starts the healing process.

Greens in the Garden

Greens are perfect for growing in gardens! Most greens (especially spinach) are quick growing, frost-tolerant, and generally easy to grow. Plant seeds directly in your garden 4-6 weeks before the last frost (be sure to read your seed packet for specifics on each variety). Lettuce can be planted in succession every two weeks to ensure a steady supply throughout the growing season. Most greens are suitable for container gardens.

Buying Tips

Buy greens as fresh as possible. Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves. Store greens in a plastic bag in the refrigerator for 2-5 days.

Cooking

Prior to preparing, wash greens thoroughly in running water to remove any soil. Greens aren't just for salad. Add collards,

chard, kale, and spinach to entrees, pasta dishes, and soups, or braise and showcase the leafy green goodness. To braise, cut large greens and keep small greens whole. Remove dried or thick stems. Drizzle cooking oil in a heated pan, add low-sodium seasonings if desired. Cook greens over low heat for about 10-20 minutes, or until desired tenderness is reached.

Recipes

Simply Snazzy Salad

This salad is an easy and fun recipe for students to help prepare for any occasion! Experiment with different types of greens, or mix them for more colors and flavors!

Developed by: Kirsten Gerbatsch, FoodCorps service member

Servings

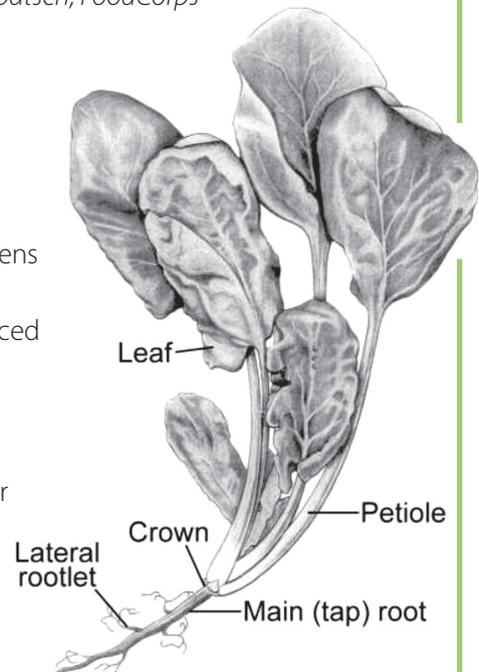
8-10

Ingredients

- 1 lb any type of salad greens or mixed greens
- 1/2 cup carrots, thinly sliced
- 1 cup dried cherries or cranberries
- 1 cup walnuts, chopped
- 1/3 cup balsamic vinegar
- 1/2 cup olive oil
- 2 Tbsp Dijon mustard
- 1 Tbsp honey

Preparation

1. Place greens, carrots, cranberries, and walnuts into a large mixing bowl.
2. In a small bowl, add balsamic vinegar, olive oil, mustard, and honey. Whisk ingredients together using a fork or whisk until smooth and evenly mixed.
3. Right before serving, pour dressing over the salad in the large mixing bowl. Gently toss the salad to coat all the ingredients.



Easy as 1,2,3 Smoothie Recipe

This recipe is great for improvisation. The types of fruit, berries, or greens can be changed to suit your liking!

Developed by: Erin Jackson, Gallatin Valley Farm to School

Servings

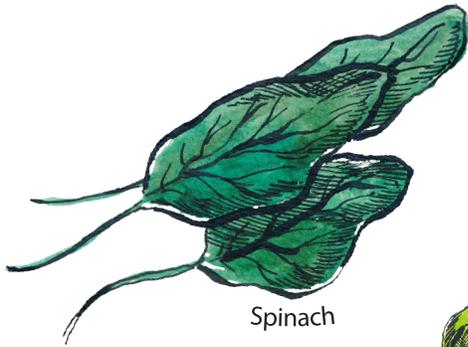
3 - 16 oz or 24 - 2 oz samples

Ingredients

- 1 cup fresh greens
- 2 cups cold water
- 3 cups fruit

Preparation

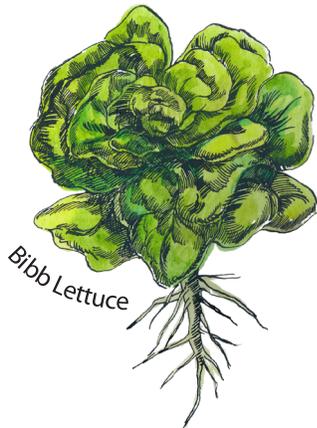
1. Add greens, water, and berries/fruit to blender in that order. If greens are put in last it will be difficult to blend.
2. Blend until smooth, stopping to stir ingredients or scrape sides of blender as needed.



Spinach



Frisee Lettuce



Bibb Lettuce



Watercress



Chard

Book Nook

From Seed to Plant,
by Gail Gibbons

Green Power: Leaf and Flower Vegetables,
by Meredith Sayles Hughes

Oliver's Vegetables, by Vivian French

Plants on My Plate, by Cathy Smith

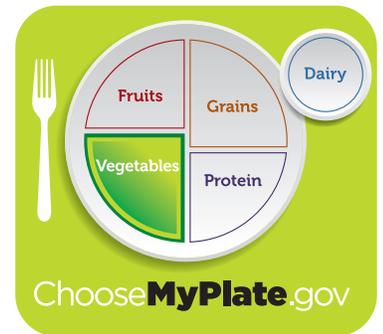
Sell What You Sow, by Erica Gibson

The Tiny Seed, by Eric Carle



Dig Deeper

For sources and photo credits along with more recipes, lessons, quick activities, resources, and guides, visit: mtharvestofthemonth.org.



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The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. This program is a collaboration between the Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, Montana Department of Agriculture, Montana Organic Association, and FoodCorps Montana. More information and resources are available at: mtharvestofthemonth.org

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