



# 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

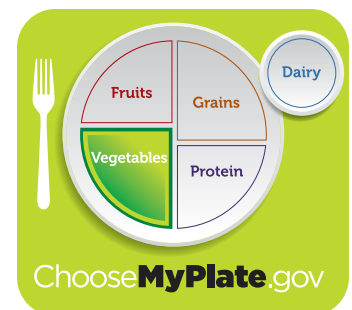
collards, chard, kale, and spinach to entrees, pasta dishes, and soups, or braise and showcase the leafy green goodness. To braise, cut large greens and keep small greens whole. Remove dried or thick stems. Drizzle cooking oil in a heated pan, add low-sodium seasonings if desired. Cook greens over low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

## Conversation Starters

- Play *I Spy* about the salad. *I spy with my little eye something green and leafy. I spy with my little eye something orange and crunchy.*
- What rhymes with kale? (tail, whale, snail)
- Knock, Knock. Who's there? Lettuce. Lettuce who? Lettuce in and you'll find out!

## Dig Deeper

For sources and photo credits along with more recipes, lessons, quick activities, resources, and guides, visit:  
[mtharvestofthemonth.org](http://mtharvestofthemonth.org).



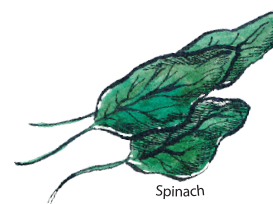
Frisee Lettuce



Watercress



Bibb Lettuce



Spinach



Chard

# Turkey Spinach Apple Wraps

Servings  
6

## Ingredients



3 12-inch honey wheat wraps (or wrap flavor of your choice)



3/4 cup baby spinach, loosely packed



12 slices turkey breast



1/2 cup of shredded cheddar or monterey jack cheese

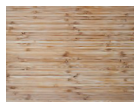


2 apples, sliced very thin (use whatever is in season!)

## Tools



Knife



Cutting Board

## Directions

1. Leaving a margin free on the tortilla side closest to you, sprinkle a layer of approximately 1/2 cup greens.
2. Top each layer with 4 slices of turkey.
3. Evenly divide apple slices and lay lengthwise across turkey.
4. Sprinkle 1/4 cup shredded cheese onto wrap.
5. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side.
6. When ready to serve, cut each wrap in half, at an angle. Each wrap provides 2 servings.



## 2 Montana Harvest of the Month: Leafy Greens



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between 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, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: [mtharvestofthemonth.org](http://mtharvestofthemonth.org).

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