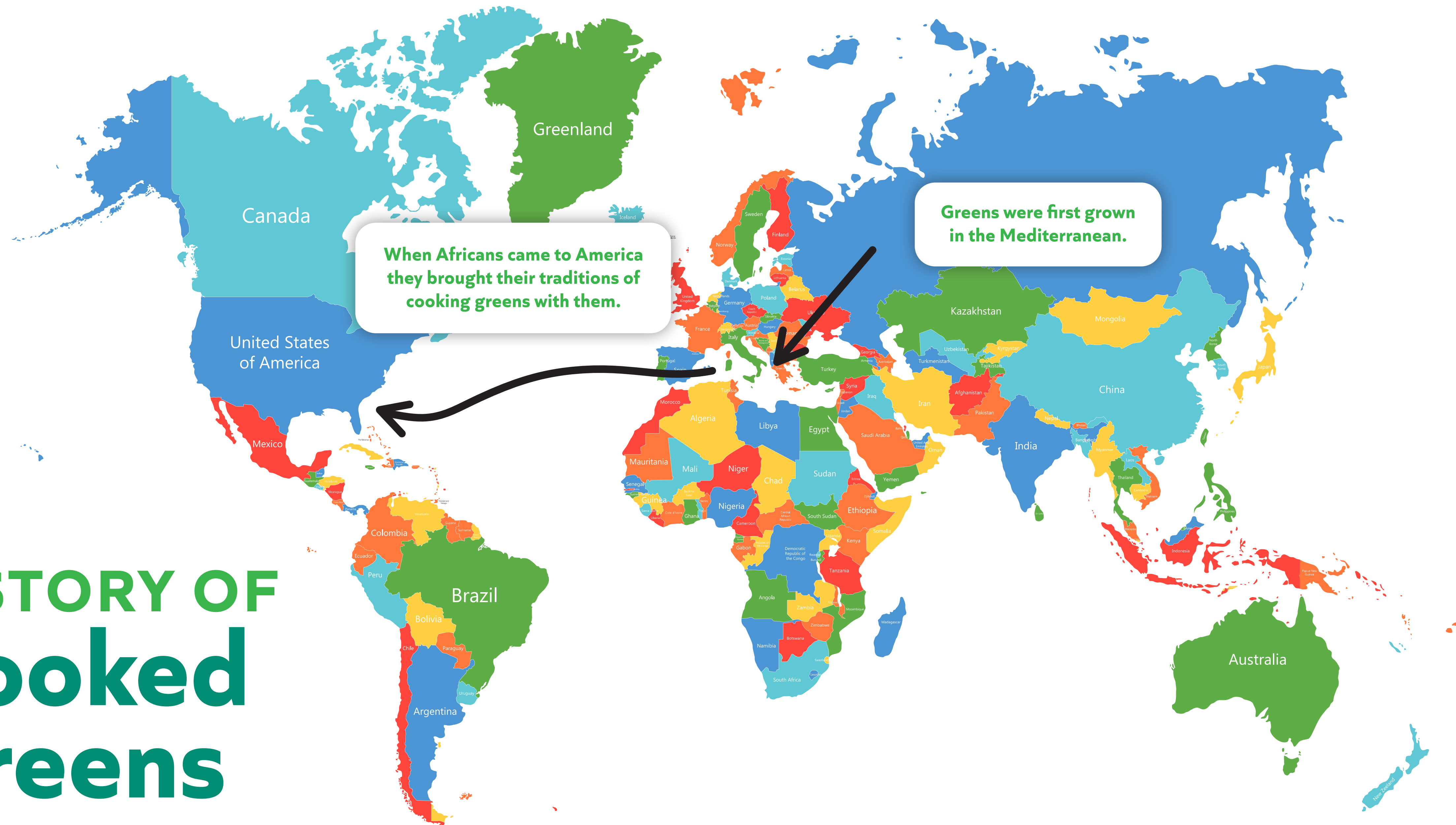


HARVEST OF THE MONTH:

Cooked Greens



HISTORY OF Cooked Greens





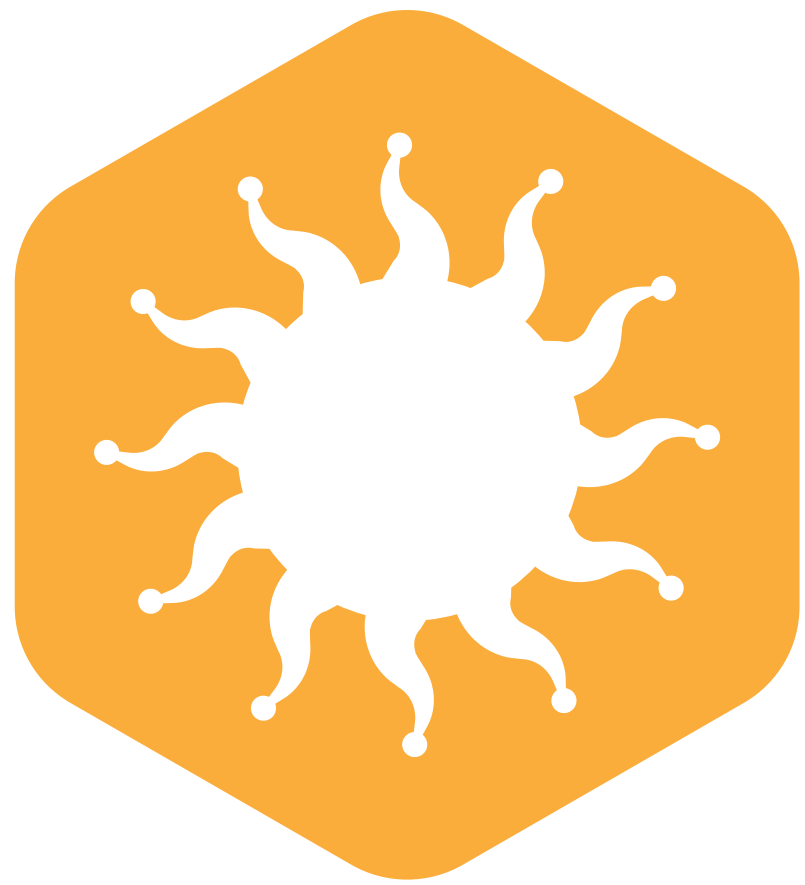
We eat the leaves of the plants. Sometimes we eat the stems, too.

Greens grow in cool weather.



HOW DO GREENS GROW?

WHAT SEASON DO WE PICK COOKED GREENS?



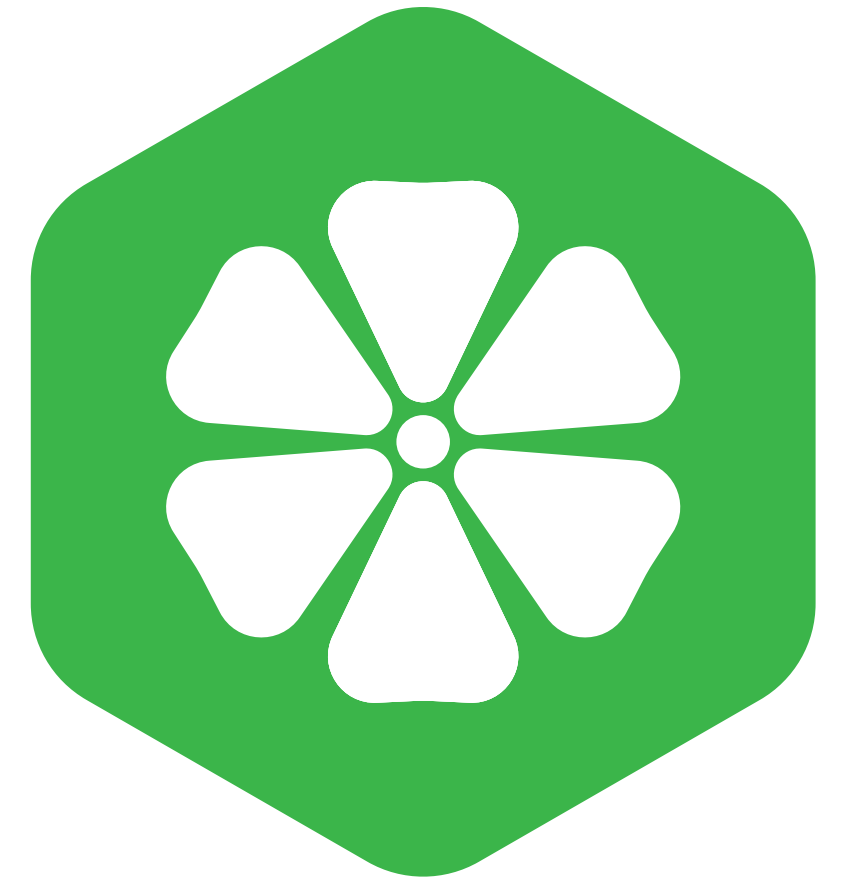
SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT COOKED GREENS?

Healthy eyes



Healthy immune system
(prevents colds)



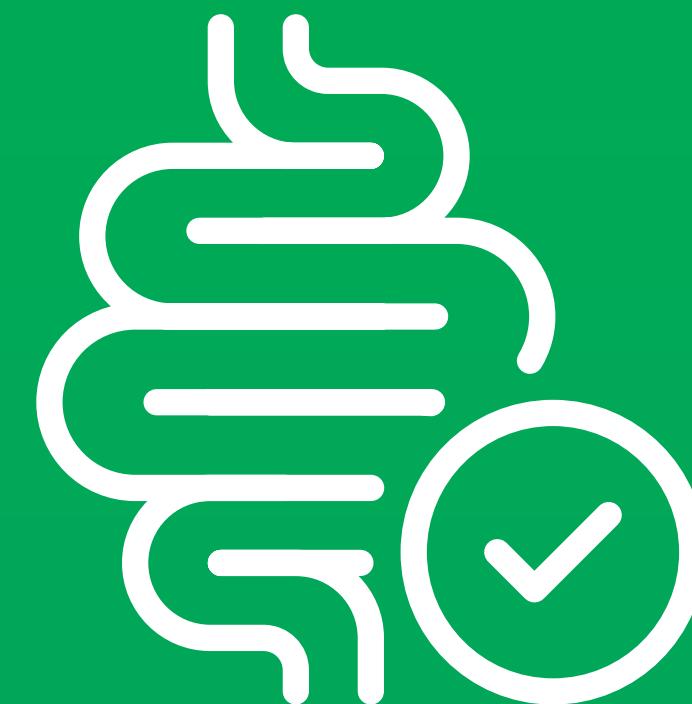
Healthy blood



Strong bones



Healthy digestion,
cleans out your system



HOW DO YOU PICK GOOD GREENS?

- Did you know vegetables are alive?
- Vegetables are respiring, which means they need moisture and air to survive.
- The best way to keep greens is to store them in slightly wet plastic bag that has a few holes in it.
- Greens should be bright green and not wilted.
- The smaller the leaves the more immature the plant is so it will be more tender and not as bitter.



FUN FACT: In Chinese bok choy means “white vegetable”.



LET'S TRY SOME

Cooked Greens!

