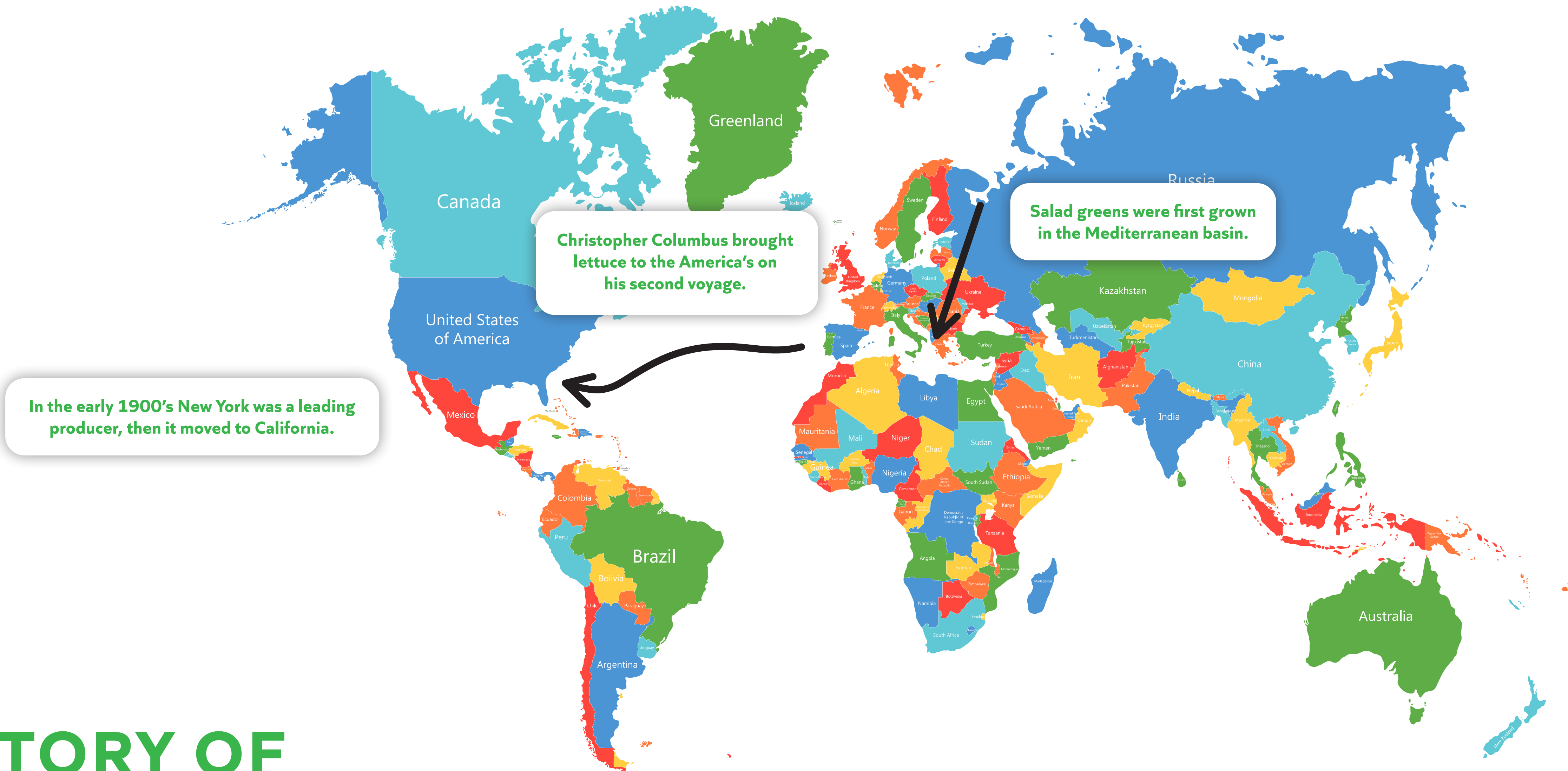


HARVEST OF THE MONTH:

Salad Greens



HISTORY OF Salad Greens



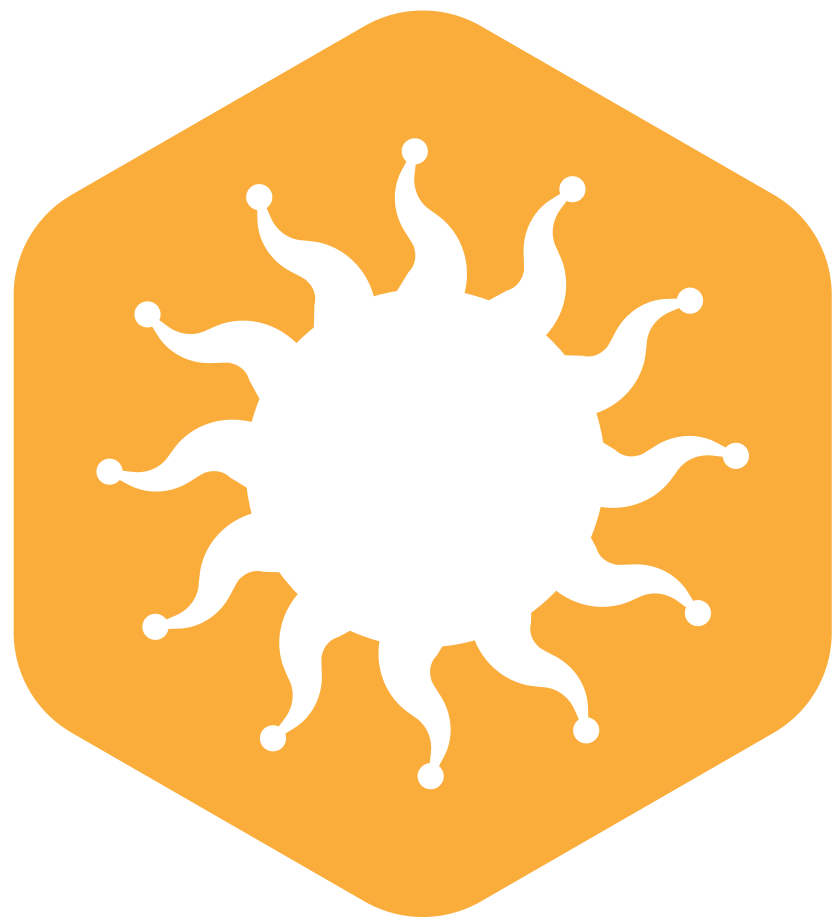


Salad greens prefer to grow in cool, damp soil. We eat the leaves of the plants.



HOW DO SALAD GREENS GROW?

WHAT SEASON DO WE PICK SALAD GREENS?



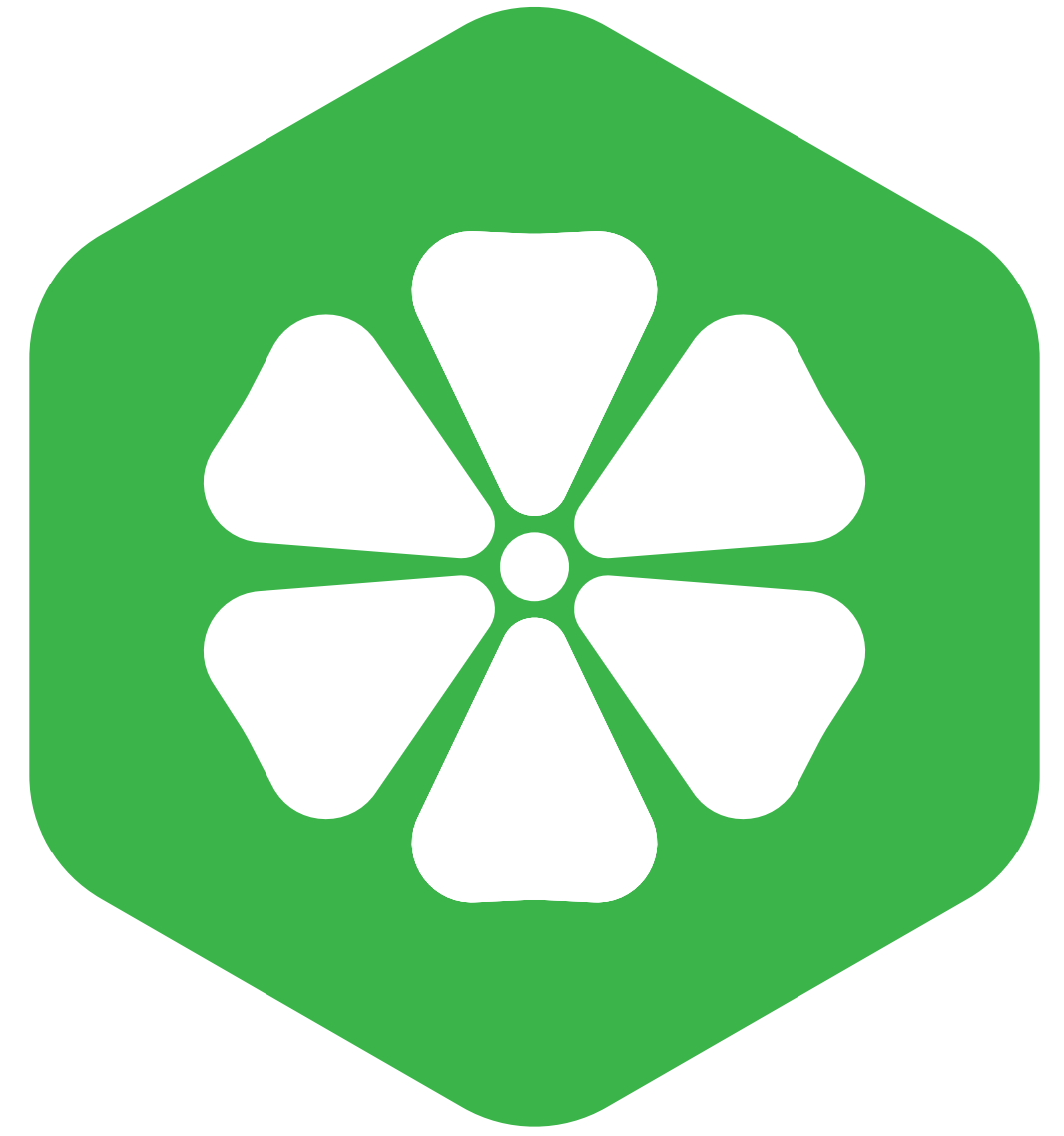
SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT SALAD GREENS?

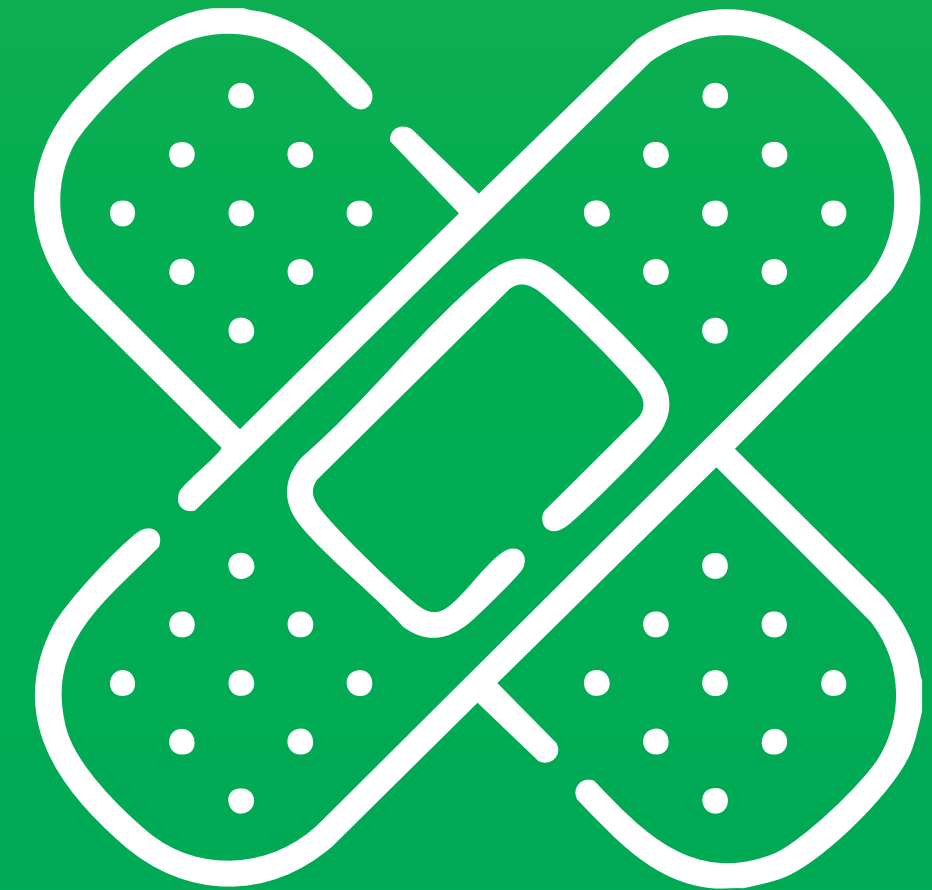
**Healthy immune system
(prevents colds)**



Healthy eyes



**Contains vitamin
K – heals cuts**



HOW DO YOU PICK GOOD SALAD GREENS?

- The Salad Greens should be firm, and compact.
- The leaves should be vibrant in color.
- To store salad greens in the refrigerator, wrap the whole head in a moist towel and store in bag that has holes in it.

FUN FACT: The more color the leaves of have, darker greens and purple, the more nutrients the lettuce has.





LET'S TRY SOME

Salad Greens!

