

# ISLAND GROWN HARVEST OF THE MONTH APRIL 2013 GREENS



Harvest of the Month is a great way for your family to explore, taste, and learn about eating more fruits and vegetables every day.

## What Can Salad Greens Do For Me?

- One cup of salad greens is about two cupped handfuls.
- One cup of salad greens (butterhead, green leaf, red leaf, romaine, iceberg) is an excellent source\* of vitamin K. Vitamin K helps stop cuts and scrapes from bleeding too much. It also works with calcium to help build strong bones.
- Most varieties of salad greens are also a good source\* of vitamin A and folate. Vitamin A helps maintain good vision, fight infection, and keep skin healthy. The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Add a variety of colorful fruits and vegetables to your plate at every meal – red, yellow/orange, blue/purple, green, and white/tan/brown. This will help you reach your daily goals.

## HEALTH TIP

Eating a variety of colorful fruits and vegetables can help your family stay healthy, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

## Nutrition Facts

Serving Size: 1 cup green leaf  
lettuce, shredded (36g)  
Calories 5                      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 0g	
Vitamin A 53%	Calcium 1%
Vitamin C 11%	Iron 2%

Harvest of the Month is a program that highlights a locally available crop each month of the school year in school cafeterias, restaurants, and grocery stores. The goal is to help children, their care-givers, and the broader community experience healthy, seasonal, whole-foods based meals, while supporting local and regional farmers.

## Produce Tips

- Look for dark green leaves. Choose lettuce heads that are tight and firm.
- Wrap salad greens in slightly damp paper towels. Place in a plastic bag with holes for air. Store in the refrigerator for up to one week.
- Rinse lettuce with cold water. Gently pat dry leaves before using.

## What's In Season?

On Martha's Vineyard, you can buy or grow fresh salad greens from May through October.

\*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

## Healthy Serving Ideas

- Try different kinds of salad greens to find out which ones your child likes.
- Add salad greens like romaine, green leaf, and red leaf lettuce to sandwiches.
- Ask your children to create their own salads. Let them pick out the vegetables and toppings they want to use.
- Add color to salads with carrot strips, shredded purple cabbage, or even fruit (e.g., oranges, apples, raisins).
- Use or make lowfat salad dressings. Ask the produce manager at your local store for recipe tips.

for more information visit [islandgrown.org/harvestofthemoth](http://islandgrown.org/harvestofthemoth)

This material is adapted from Harvest of the Month by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 1-866-950-3663.

