



Salad Greens



Varieties Grown in New York State

- **Butter Head Lettuce** (Bibb and Boston)
- **Romaine Lettuce**
- **Kale**
- **Iceberg Lettuce**
- **Arugula**
- **Spinach**
- **Leaf Lettuces**

Nutrition and Health Benefits

- Salad Greens are low in fat and calories.
- Salad Greens are high in good nutrients like fiber, protein, iron, and calcium. These are good for strong bones and teeth!
EXPERT TIP! The darker the color green, the more nutritious it is for our bodies!
- Veggies like Salad Greens are rich in Vitamins K & A, which can help heal cuts and scrapes!
EXPERT TIP! Eat salad greens in a rainbow of colors! Different shades of green have different health benefits!

How to Grow It

- **FUN FACT!** There are over 100 different varieties of lettuce!
- **Difficulty:** Easy!
- **Growing Season:** Salad greens grow best in cooler seasons like spring and fall.
- **Sun & Soil:** Lettuce does best in direct sun, but part shade is helpful when it's really hot! Plant in well-draining, cool, loose soil!
- **Size and Planting:** Plant seeds 1/8-inch deep, and 1-inch apart! Leave 12-18-inches in between rows!
EXPERT TIP! Grow a variety of different lettuces in pots, too! Use your pretty lettuce as edible landscaping!
- **Planting Time:** Early spring
EXPERT TIP! Don't plant seeds too deep, they need light to grow!
- **Time to Harvest:** On average, time to mature harvest from planting is between 45-75 days. But sampling tender leaves before this time is A-Okay!
EXPERT TIP! Lettuces can grow in a range of colors, like light, medium, and dark green, red, and even purple!

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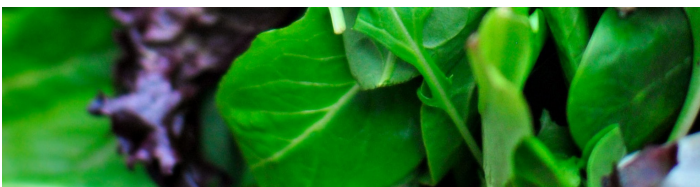


Selection

- Choose Leaf Lettuce with crisp edges, and avoid brown edges.
- Look for Arugula with bright green leaves that are crisp, and stems that aren't withered or slimy.
- Choose dark colored Kale bunches with small to medium sized leaves.
- Avoid Head Lettuce with brown, wilted leaves.
- Pick Spinach bunches with fresh, crisp, green leaves, and no sign of insect damage.
- **FUN FACT!** Leaf Lettuce is a type of lettuce with leaves that branch from a single stalk in a loose bunch, instead of forming a tight head. These leaves are crispier and more full-flavored than those of the Head Lettuce varieties!

Preparation & Cooking Tips

- Rinse greens right before you're going to use them, to avoid spoilage.
- To rinse: Dunk greens into a large bowl with cold water, and then shake them off, or use a colander. Use a salad spinner to remove the most moisture!
- Sauté! Choose a few types of greens and sauté them with a little olive oil, salt, pepper, and garlic and pick a favorite!
- **FUN FACT!** Lettuces and greens can be enjoyed many ways – raw, cooked, sautéed, pureed!
- **FUN FACT!** Butter Head Lettuces include both Bibb and Boston Lettuce. These lettuces have a slightly sweet, almost buttery taste!



Storage Tips

- Store Leaf Lettuce in a plastic bag in the fridge for 3-5 days.
- Keep Head Lettuce in a plastic bag in the fridge for up to 5 days. Rinse before using!
- **Fun Fact!** Give limp greens new life by dunking into ice cold water!

Kid-Friendly Eating Tips

- **Wrap it! Make a sandwich!** Use large leaves like Bibb or Butter Head lettuce as the 'bread' or the wrap for a sandwich and skip the bread!
- **Use for a taste test!** Use different types of greens to taste test different salad dressings and pick out a favorite for a family salad!
- **Spread it!** Use a green pesto, like arugula pesto, as a sandwich spread!
- **Make your eggs green!** Add some greens to your scrambled eggs to get more veggies into your breakfast!

RECIPE

TROPICAL SALAD FEATURING FARM FRESH GREENS

Ingredients:

- 1 head Green Leaf Lettuce
- 1 head Red Leaf Lettuce
- 1 can (16oz) Pineapple tidbits
- ½ cup Cranberries
- ½ cup Sunflower Seeds
- ½ Quinoa White

Directions:

- Clean and chop lettuce into small pieces
- Drain pineapple overnight
- Cook quinoa according to directions on package and allow to cool
- Build salad in layers starting with leaf lettuces, quinoa, cranberries, pineapple, sunflower seeds
- Serve with Fat Free Raspberry dressing or your favorite dressing

Yield: 20 servings