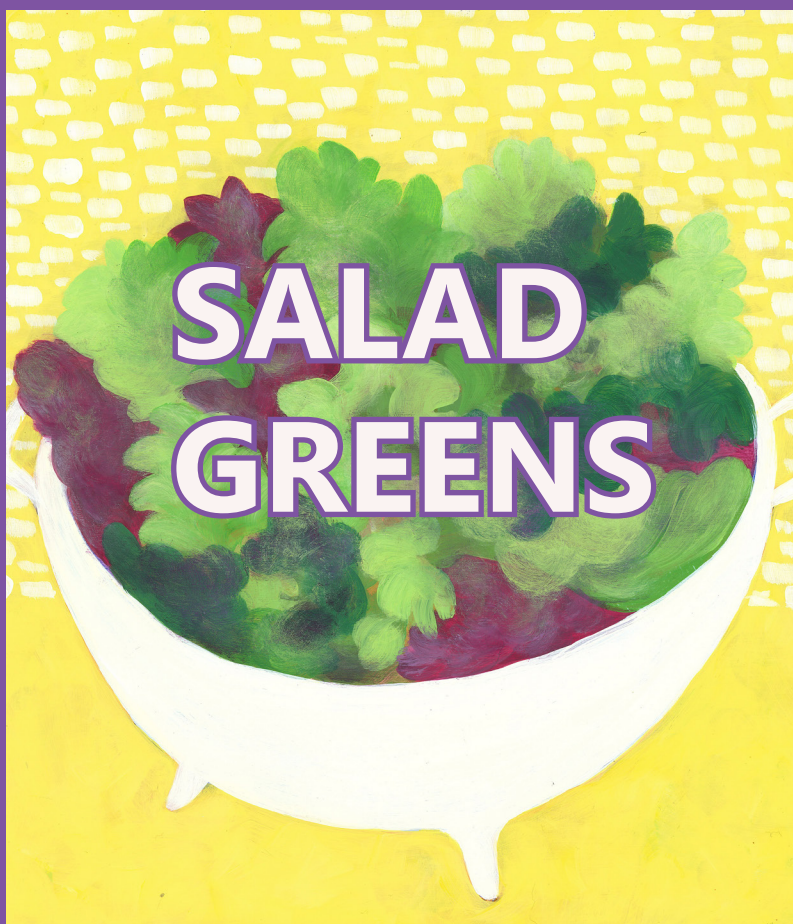


# Harvest of the Month



## Local Highlight

Local farmer John Severn is known for producing delicious salad green varieties and salad blends, year round. Check out our video of John and Little River Farm:

[vimeo.com/channels/hcoenutrition](https://vimeo.com/channels/hcoenutrition)

## Literature Links

- *How Does My Garden Grow*, by Gerda Muller
- *Mr. Okra Sells Fruits and Vegetables*, by Lashon Daley
- *Harvest Days*, by Kate Depalma

## Joke Corner

What is a kayaker's favorite kind of lettuce?

Row-maine!

What did the greens say when it started to snow?

Lettuce in, it's cold outside!

What is a penguin's favorite salad ingredient?

Iceberg lettuce!



HUMBOLDT COUNTY OFFICE OF EDUCATION  
Nutrition Programs & Services



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## SALAD GREENS



Spanish: verduras de ensalada  
Hmong: zaub ntsuab xam lav

### Nutrition Power

Salad greens are a good source of vitamin K and folate.



**Vitamin K** helps you build strong bones!



**Folate** helps you make healthy red blood cells!

### History

Salad greens include a large variety of lettuces and other tender leafy greens, typically served raw. Many salad greens familiar to us, including lettuce and spinach, originated between India and the Mediterranean basin. Some of the first salads were made by the Romans and called "herba salata," which means "salted herbs." They served raw greens with a little vinegar, oil and salt. In the U.S. leafy green salads didn't become popular until the late 1800's.



### Did You Know?

- Plant part we eat: LEAF
- California leads the nation in production of leaf lettuce, head lettuce, and romaine lettuce.
- Salad greens include many more types of leafy greens than lettuce! Arugula, mizuna, tot soi, pea shoots, spinach and kale are some of the other tasty options to put into your salad bowl!
- The more types of salad greens you put in a salad, the more types of nutrients and minerals the salad will provide! It will look beautiful too!

