

Harvest of the Month



SALAD GREENS



TASTE - MAKE - LEARN

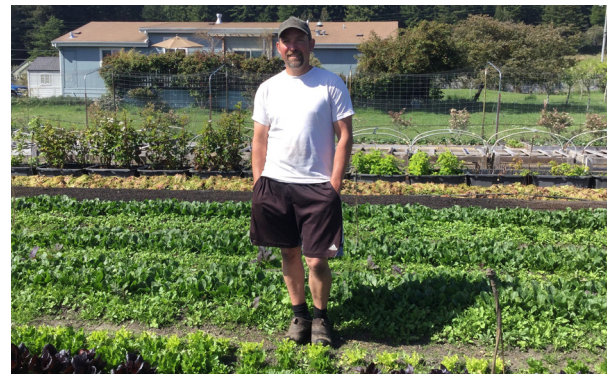
The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some greens on its own.
2. **MAKE** a dish with the greens using the recipe and ingredients provided.
3. **LEARN** about salad greens with the information below.

Fun Facts

- 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, and kale are some of the other options to put into your salad bowl!
- Americans eat about 30 pounds of lettuce every year. That's about five times more than in the early 1900s.
- Lettuce is an excellent source of vitamin K. Together with calcium, vitamin K helps build strong bones.

Local Connection



Local farmer John Severn produces delicious salad green varieties and salad blends at Little River Farm.

John and his crew grow over 200 types of leafy greens throughout the year on around two acres!



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



Do you receive CalFresh? Don't forget about your periodic reports! The SAR 7 is typically due six months from application, and recertification at the one year mark.