

Harvest of the Month



Local Carrots are available in Washington May-November!

There are many different types of salad greens, including looseleaf, romaine, butterhead and crisphead lettuce.



NUTRITIONAL BENEFITS OF SALAD GREENS

Salad greens contain Vitamin A, Vitamin K and fiber, which are all important for keeping our bodies healthy. Vitamin A helps maintain good night vision, while fiber helps cleanse our digestive system and keep us regular.

TIPS FOR CHOOSING & STORING SALAD GREENS

Choose salad greens that are fresh looking, not wilted and free of any brown sections or spots. Salad greens hold well up to a week in the refrigerator.

FAMILY RESOURCE SALAD GREENS

NUTRITION

In The Schools

Be sure to check out the [Harvest of the Month](#) in the school cafeteria.

Check your local school district menu for the specific date.

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HERE ARE SOME EASY WAYS TO ADD GREENS INTO YOUR DIET:



Put a leaf or two on your sandwich for an extra crunch.



Chop the greens and include them as a base in your dinner salad.



Puree salad greens as an ingredient in a smoothie.

Turkey Lettuce Wraps

This recipe makes a delicious lunch or dinner entrée

Ingredients:

- * 1 lb lean ground turkey
- * 2 cloves of garlic, chopped
- * 1 tbsp. of grated ginger
- * 2 tbsp. soy sauce
- * 1 tbsp. brown sugar
- * 1/4 cup chopped green onions
- * 1 red bell pepper, chopped
- * 1 head butterhead lettuce

Directions:

1. Cook turkey until internal temperature reaches 165 degrees F.
2. Add garlic, ginger, soy sauce, brown sugar, green onions and red bell peppers. Cook seven minutes or until garlic is soft.
3. Remove core from head of lettuce. Separate, wash and dry leaves.
4. Spoon turkey mixture into lettuce cups. Eat and enjoy!



SALAD GREENS

CRISP * GREEN * DELICIOUS * GOOD EYE SIGHT * CRUNCHY * YUMMY

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