

# Leafy Greens



## Did you know?

Leafy greens can include more delicate greens like lettuce and spinach, or heartier greens like kale and swiss chard. Lovers of cooler weather, they are generally in season in Pennsylvania in the spring and fall. If you have a garden space, greens can be planted as soon as the ground thaws in the spring. Greens prefer full sun, but will tolerate partial shade.

### KALE

## Nutrition Facts

Serving size 1 cup, cooked

Amount Per Serving  
**Calories** 50

% Daily Value

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polysaturated Fat 0g	
Monosaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	<b>6%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 177mg	<b>15%</b>
Iron 1mg	<b>6%</b>
Potassium 170mg	<b>4%</b>

\*The Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### CLASSROOM RECIPE

## Spinach Salad with Apples and Raisins

### Ingredients

- 2/3 package baby spinach or any other greens (10 ounces, washed)
- 1 1/2 apples (chopped)
- 1 cup raisins
- 1/4 cup canola oil
- 1/4 cup apple cider vinegar
- 1/4 cup sugar
- 1/16 teaspoon garlic powder (pinch)

### Directions

1. Combine spinach, apples and raisins.
2. Mix remaining ingredients and pour over salad just prior to serving.

### NUTRITION INFORMATION

## HOW MUCH DO I NEED?

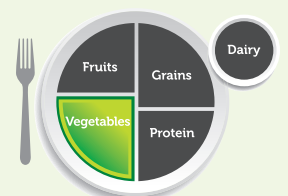
A 1/2 cup of cooked greens is about the same as two cups of raw leafy greens. The amount of fruits and vegetables each person needs depends on age, sex and physical activity level.

## Recommended Daily Amounts of Vegetables

	5 – 8 yrs	9 – 13 yrs	13 – 18 yrs
<b>Male</b>	1 1/2 – 2 1/2 cups	2 – 3 1/2 cups	2 1/2 – 4 cups
<b>Female</b>	1 1/2 – 2 1/2 cups	1 1/2 – 3 cups	2 1/2 – 3 cups

### Featured Resource

At [choosemyplate.gov](http://choosemyplate.gov), kids and adults can take a short quiz to learn more about their current daily nutrition habits and find resources for adjusting those habits to prioritize nutritious food based on federal dietary guidelines.



# Explore Pennsylvania's Leafy Greens

## What You Need

Leafy greens (e.g., spinach, kale, collards, bok choy)  
Graph paper and colored pencils

## Steps

1. Make a column on graph paper for each type of leafy green.
2. Observe, touch, smell and taste each leafy green variety.
3. As a class, compare and contrast the leafy green varieties.
4. Describe each leafy green in the appropriate column.
5. Take a poll to determine students' favorite leafy green variety

## CLASSROOM ACTIVITY CORNER

### Science Investigation

Using printed copies of a leafy green botanical image, paper and colored pencils:

- Define each of the labeled plant parts in the botanical image.
- Describe photosynthesis and its role in plant growth.
- Select one leafy green variety. Research how it grows from root cells to maturity. Make a sketch at each stage of development.

## CAFETERIA CONNECTION

- Share results from taste test above with cafeteria staff.
- Encourage school nutrition staff to do weekly taste tests of different cooked greens. Offer to help prepare and serve taste tests.
- Organize a school-wide contest for students to vote for their favorite cooked greens variety.
- Suggest using local growers to supply greens for the salad bar, such as spinach, romaine lettuce and cabbage.



## READING NOOK

Expand your lesson with these selected books about spinach!



*Plants Feed Me*  
BY LIZZY ROCKWELL  
AGES 3-6



*Sylvia's Spinach*  
BY KATHERINE PRYOR  
AGES 4-8



*What, No Spinach?*  
BY EDWARD KNAPP  
AGES 7-9

## Just the Facts

- In Pennsylvania, leafy greens are harvested from April through November
- Leafy greens, like bok choy, collards, kale and Swiss chard, are an excellent source of vitamin A, C and K.
- Rich in folate, leafy greens are also a good source of iron, potassium and calcium.

[paharvestofthemonth.org](http://paharvestofthemonth.org)



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Sources:  
Adapted from the CalFresh Healthy Living program  
<https://extension.psu.edu/forage-and-food-crops/vegetables>  
<https://www.myplate.gov/eat-healthy/what-is-myplate>  
<https://www.paharvestofthemonth.org/index.php/downloads>