



April Harvest of the Month Morning Announcements

April's Harvest of the Month product is leafy greens! Leafy green is a general term to describe green leafy vegetables such as kale, spinach, lettuce, arugula, Bok choy, collard greens, Swiss chard and mustard greens. Leafy greens are generally high in vitamin K, which helps our bodies blood clot and build strong bones. Greens pack a great nutrition punch with limited calories. Use them raw in salads, cooked as side dishes or incorporated into mixed dishes such as casseroles, sauces, or soups for added nutrition.