



Leafy Greens

Nutrition

Leafy green vegetables contain many minerals such as phosphorus, potassium, iron, calcium as well as vitamins K, C and A.



How Leafy Greens Are Grown

Most leafy greens are cool weather crops and grow best between 50-70 degrees Fahrenheit. Seeds can be planted directly into the soil in early spring, or end of summer for fall harvest. As the summer months appear, leafy greens bolt, or produce seeding flowers.

Did you know?

- Leafy greens are plants with edible green leaves, such as kale, spinach, lettuce, arugula, bok choy, collard greens, swiss chard, and mustard greens.
- Chlorophyll gives these leaves their green color. Chlorophyll helps the plant absorb light, which gives the plant energy.
- Spinach has been grown for more than 2,000 years. It is believed to originally be from Persia, which is now Iran.

Harvest

Leafy greens can be harvested in the spring and fall. Leaves can be harvested individually or the entire plant. If harvest occurs above the base of the plant, leaves will continue to grow.



Preparation

Bacteria and particles may be left on the leaves from harvest. Prior to eating, leafy greens should be rinsed under running water. Soaking leaves in sitting water can spread contamination.

Storage

Leafy greens should be stored in the refrigerator in an airtight container. Freezing is a good option for long term storage.

