



# FUN FACTS ABOUT

# Leafy Greens

- Choose leafy greens with fresh leaves which are not wilted, brown, spotted or slimy. Wash under clean, running water.
- There are many types of leafy greens, but darker green leaves have more vitamins and nutrients.
- Leafy greens can be inexpensive to grow, and ready to harvest in about three weeks. They grow in small spaces and prefer cooler weather.
- Lettuce, spinach and kale can be grown in Iowa. They prefer cooler weather and grow well in the spring or fall.
- Lettuce is usually eaten raw, in salads or sandwiches.
- Spinach leaves should be dull green on top and bright green on the underside.
- Spinach tastes good raw or cooked. Serve raw in salads or sandwiches. It can be steamed, boiled, microwaved, sautéed or stir-fried and can be added to soups, lasagna or other vegetable dishes.
- Choose kale with a dark green color, a lot of leaves and thin stems. The greens should not have a strong smell.
- Kale can be added to lots of foods like scrambled eggs, pasta sauce or soups. Kale can also be stir-fried with other vegetables or added to sandwiches and smoothies.



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