

Dark Greens



FAMILY NEWSLETTER



Buy fresh, buy local shopping tips

- Look for dark-green leaves, avoiding those that are wilted and discolored.
- Remove dirt by soaking and then gently rinsing in cold water.
- To help greens to last longer, only wash the greens you intend to use immediately.
- You can store dark greens in the refrigerator for up to two weeks.
- If your greens are wilted, they can still be served sautéed.



Why eat dark greens?

Dark greens, such as collard greens, Swiss chard, kale and spinach, are excellent sources of vitamin A and K. Vitamin K helps cuts and scrapes from bleeding too much and starts the healing process, and Vitamin A keeps your eyes, skin and bones healthy.

Ways to eat dark greens

- Sauté dark greens with olive oil and your favorite spices for a delicious side dish.
- Add dark greens to soups and stews for added vitamins and minerals.
- Mix chopped dark greens with leaf lettuce for a hearty salad.
- Bake kale tossed with olive oil and salt to make crispy kale chips.
- Try adding sautéed greens to scrambled eggs to add vegetables to your breakfast.
- Mix a handful of greens into a fruit smoothie – the fruit masks the flavor!

Nutrition Facts	
Serving Size: ¼ cup fresh kale chopped (67g)	
Amount Per Serving	
Calories 33	Calories from Fat 4
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 2g	
Vitamin A 206%	Calcium 9%
Vitamin C 134%	Iron 6%

How much do I need?

Two cupped handfuls or 1 cup fresh greens is equal to one serving. ¼ cup of cooked greens is also equal to one serving.

Recommended Daily Amount of Fruits and Vegetables*	AGES 5-12	AGES 13 AND UP
	Males 2 ½ - 5 cups	Males 4 ½ - 6 ½ cups
Females 2 ½ - 5 cups	Females 3 ½ - 5 cups	

In Wisconsin, FoodShare assists low-income families and individuals to buy nutritious food. Visit access.wisconsin.gov or call 1-800-362-3002.

Made possible with funding from the Centers for Disease Control and Prevention and the Wisconsin Department of Health Services. Material adapted from Harvest of the Month produced by the CA Department of Public Health's Network for a Healthy California with funding from USDA SNAP.

Get active together

April showers bring May flowers! Next time it's lightly raining, grab an umbrella and rain boots and run through the puddles. Make sure there is no lightning and that you stay in a safe place. Also, put towels by the door so you don't bring any water into the house when you're done.



Want to volunteer?

Live54218 Farm to School volunteer opportunities include:

- Lunchroom Tastings
- Classroom Harvest of the Month Activities
- Maintaining School Gardens
- Serving on the Farm to School Taskforce

If you are interested in any of these volunteer opportunities, please contact:

Ashley Ponschok, Live54218 Farm to School Coordinator
Email: Ashley@live54218.org
Phone: (920) 593-3401

Learn more at live54218.org

Cook together...

Kale Chips

1 head kale, washed and thoroughly dried
 2 tablespoons olive oil
 Sea salt, for sprinkling



Preheat oven to 275°F. Remove ribs from kale and tear into 1 ½ inch pieces. Lay kale on baking sheet and toss with olive oil. Spread out into a single layer and sprinkle lightly with salt. Bake for 10 minutes, flip and continue baking until crisp, about 10 minutes. Serve as finger food. Makes 4 servings.

*Hint: Use very little salt. The saltiness intensifies as the kale chips bake.

Nutrition information per serving: 93 calories, 7 g fat, 7 g carbohydrates, 2 g protein, 1 g fiber, 146 mg sodium.

Kids corner

Dark greens word scramble

Unscramble the **BOLD UNDERLINED** words to complete the dark green facts. Answers at the bottom of the page.

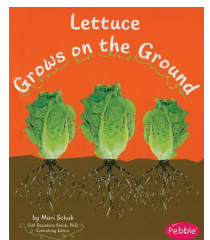
- LEAK _____ has more vitamin C than an orange.
- Americans plant more acres of kale than Brussels TORSSUP _____.
- NPAICSH _____ was the first frozen vegetable to be sold for commercial use.
- The KDRRAE _____ the leaf, the healthier it is for you!

Why did the lettuce go to the doctor?

IT WAS FEELING GREEN!

Read together

- **Lettuce Grows in the Ground** by Mari Schuh
- **Rabbit Food** by Susanna Gretz
- **Green Smoothie Magic** by Victoria Boutenko



WORD SCRAMBLE ANSWERS: A) KALE B) SPRUTS C) SPINACH D) DARKER