

April 19, 2023

Harvest of the Month- Leafy Greens

April “Harvest of the Month” highlights leafy greens! Leafy greens include various types of lettuce such as romaine, Bibb, arugula, spring mix, red leaf, spinach, Swiss chard, watercress, collard greens, mustard greens, turnip greens, and kale. Leafy greens have an array of tastes and textures and may be eaten both raw and cooked.



Selection

For lettuce and spring greens, look for bright-colored leaves. Mature spinach should have broad, crisp, dark green leaves. Baby spinach leaves are smaller and thinner. Swiss chard should have deep-green leaves and colorful red, pink, orange, yellow, or white stems. Collard greens, mustard greens, and kale should be dark green and have a crisp texture.

Handling

If pre-packaged greens are labeled “ready to eat,” “triple washed,” or “no washing necessary,” they do not need to be washed again unless specified on the label. All other leafy greens should be thoroughly washed before eating, processing, or cooking. Wash your hands for 20 seconds with soap and water before and after handling the greens. Remove and discard any outer, coarse, torn, or bruised leaves. Rinse the leafy greens under running water using your hands to gently rub the surfaces of the leaves. Do not soak leafy greens in a sink or bowl filled with water. Dry the leafy greens with a clean cloth or paper towel.

Harvest Season

Spring greens such as arugula and baby kale are harvested in Pennsylvania in April and May with a late season harvest in August through October. Collard greens, mustard greens, and kale have an

early harvest season in May and a late season in October to the end of November. Spinach is harvested in May and June with a late crop from August through October. Leaf lettuce, such as romaine, green leaf, and red leaf lettuce is harvested from June through October. Swiss chard is harvested in July through September. Many leafy greens are also grown hydroponically extending their availability beyond the traditional harvest season.

Nutrition

Most leafy greens are rich in many nutrients, such as vitamin A, vitamin C, antioxidants, fiber, folate (a B vitamin), vitamin K, magnesium, calcium, iron and potassium. These nutrients perform a variety of functions in the body, including promoting good vision and healthy bones, supporting immune function, acting as antioxidants that may help prevent certain cancers, and regulating blood pressure, blood sugar and blood cholesterol. (Iceberg lettuce is the exception as it is lower in nutritional value than the other leafy greens.)

Menu

NDS offers leafy greens on the hot lunch with the Romaine Salad with Cherry Tomatoes and the Romaine Salad with Chickpeas. Encourage students to reach for leafy greens this month!

Recipe Ideas

[Salty-and-Sour Lettuce](#)

[Sesame Chicken & Cabbage Salad](#)

[Kale Chips](#)

How to increase your leafy intake

- Start the day strong by adding greens to your breakfast in omelets, breakfast sandwiches, and smoothies
- Blanch greens to tune out any bitterness. This can be done by plunging greens into boiling hot water for a couple of minutes, then draining and allow to cool.
- Prep now, eat later. Once blanched, greens can be refrigerated or frozen for quick meals later such as stir-fry, pasta, and soup.
- Use greens in place of breads or tortillas.



April 28, 2023

***This week's Wellness Wednesday topic is:
Move More Month***

April is National Move More Month! The theme, created by the American Heart Association, is a way to help improve the health of Americans by encouraging everyone to hit their move goals!

MOVE YOUR WAY

How much physical activity do kids and teens need?

At least 60 minutes every day.

Most of that time can be **moderate-intensity aerobic activity** — anything that gets their heart beating faster counts.

And at least 3 days a week, encourage them to step it up to **vigorous-intensity aerobic activity**, so they're breathing fast and their heart is pounding.

60 minutes a day

As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity
at least 3 days a week

Bone-strengthening activity
at least 3 days a week

AND

Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

Walk. Run. Dance. Play. **What's your move?**

AMERICAN HEART ASSOCIATION

Help your kids get more physically active by using this [tool](#). It can help find ways to fit more activity into their day!

Staying active has many benefits!

For Kids

- Better Sleep
- Better Mood
- Better Grades

For ideas on how you can get moving, visit the American Heart Foundation [here](#).

Remember, every step counts!

Did you know..?

- 10 minutes of stretching is like walking the length of a football field
- 5 hours of walking every week for a year is like walking across the state of Wyoming
- 30 minutes of singles tennis is like walking a 5K
- 1 hour of dancing every week for a year is like walking from Chicago to Indianapolis
- 20 minutes of vacuuming is like walking one mile
- 30 minutes of grocery shopping every other week for a year is like walking a marathon

