



April's featured vegetable is:

Salad Greens

It's easy being green.

- Look for dark green leaves. Choose lettuce heads that are compact and firm.
- To store greens, wrap them in slightly damp paper towels. Place in the refrigerator in a plastic bag with holes for air.
- If stored properly, most greens will keep for one week. Romaine lettuce can last for about 10 days.
- Rinse lettuce with cold water or soak loose leaves in cool water and stir with your hand to remove dirt. Lay lettuce leaves on a paper towel and gently pat dry.
- Dark lettuce leaves have more nutrients.

What counts as salad greens? LETTUCE see:

- Romaine lettuce
 - Green or red leaf lettuce
 - Butterhead lettuce
 - Iceberg lettuce
 - Bok choy
 - Bibb lettuce
 - Raddichio
 - Endive
 - Escarole
- Serve side salads for lunch or dinner.
 - Try different types of salad greens to find out which kinds of lettuce your family likes the most.
 - Add lettuce to sandwiches.
 - Help your child(ren) "invent" their own salad. Let them pick out the vegetables and other toppings they want to use.
 - Roll a lettuce leaf around chicken or tuna salad and eat as a wrap.

Manganese can put you at ease. And you're lucky because delicious, leafy salad greens are the ultimate comfort food in that way. Manganese is part of a crime fighting team in your body that ensures that the cells called free radicals that run around and vandalize your body are brought to justice. That's right, the team gets rid of those rascals so you don't have to bat an eyelash. This keeps your entire body healthier. Take a bite out of cellular crime by eating lots of leafy salad greens.

Why salad greens? Why me? Why now?

Recipes

Poppy Seed Dressing

- 1/3 cup olive oil
- 1/3 cup honey
- 1/3 cup balsamic vinegar
- 1 Tablespoon Dijon mustard
- 1 Tablespoon poppy seeds
- 1/2 teaspoon pepper



Whisk together and drizzle over any salad.

Citrus Chicken Salad

Food \$ense curriculum recipes

- 2 boneless, skinless chicken breasts, cut into 1/4 inch strips
- 1/2 cup cheese, grated
- 2 Tablespoons oil
- 3 cups romaine lettuce, torn
- 3 Tablespoons orange juice concentrate
- 1/2 cup green onions, sliced
- 1/2 green pepper, chopped
- 1 Tablespoon vinegar
- 1-10.5 oz. can mandarin oranges
- 1/2 cup shelled sunflower seeds

Sauté chicken until done; cool. Combine chicken, lettuce, green onion, green pepper, mandarin oranges, sunflower seeds and cheese in a large bowl. Mix oil, orange juice and vinegar and let sit for five minutes. Pour over salad; toss lightly. Yield: 4-6 servings.

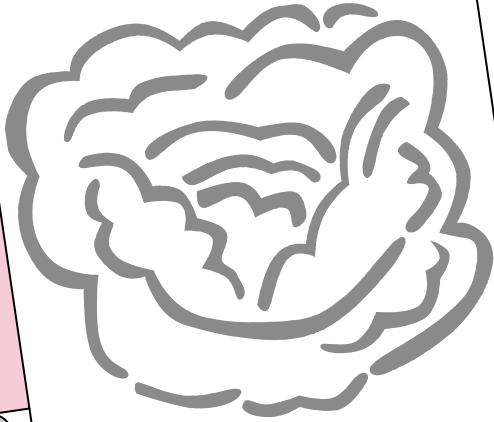
Did you know???

- Ancient Egyptian tomb paintings showed pictures of salad greens.
- Christopher Columbus, an explorer from Europe, brought lettuce to the New World.
- A long time ago, lettuce was grown mostly in New York. Now it is grown mostly in California which is very far away on the very opposite side of the United States.
- In ancient times, people used lettuce to help them sleep.
- The word for lettuce in Spanish is "lechuga."

Viva Vegetables!
For Kids

YOU'RE A POET AND YOU KNOW IT!

WRITE A POEM HERE ABOUT LETTUCE. AS YOU WRITE IT, THINK ABOUT HOW IT SMELLS, TASTES, SOUNDS, LOOKS, AND FEELS.



Have a hearty laugh.

Knock, knock.
Who's there?
Lettuce.
Lettuce who?
Lettuce in and we'll tell you.

Why did the lettuce go red?
Because it saw the salad dressing.

Be a Salad Sleuth!

A sleuth is like a detective. You can do this activity by looking in your fridge or the next time you go to the store, look in the vegetable section and see if you can answer these questions:

- How many different kinds of salad greens are there?
- What are the different ways that you see salad greens? Are they in a big head? Are they cut up in a bag? Are they in the salad bar if you are at the store?
- How many of the kinds of salad greens have you tasted?
- How many of the kinds of salad greens do you want to taste?



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