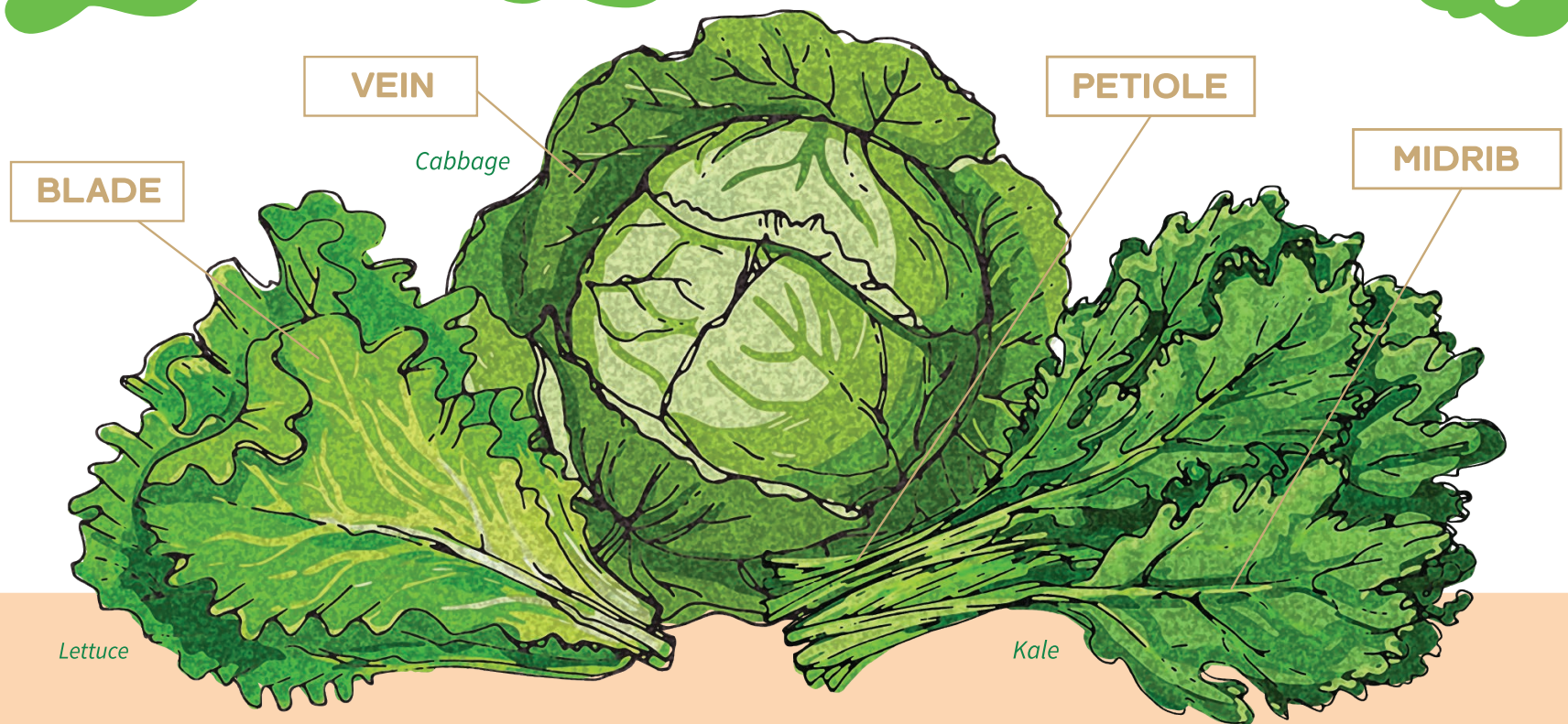


- FARM FRESH -

Leafy Greens



FOOD for FUEL

LEAFY GREENS PROVIDE UNIQUE HEALTH BENEFITS.
THEY ARE FULL OF ESSENTIAL VITAMINS AND A NATURAL SOURCE OF BENEFICIAL ANTIOXIDANTS.

HERE ARE SOME OF THE HEALTH BENEFITS OF INCLUDING LEAFY GREENS IN YOUR DIET:

Healthy BONES & BLOOD

Collard greens are one of the best sources of vitamin K—one cup of cooked collard greens contains 1,045% of the recommended daily value. Vitamin K helps make various proteins that are needed for blood clotting and building strong bones.

Immune System SUPPORT

Spinach provides antioxidants tied to anti-inflammation and disease protection. These include kaempferol, a flavonoid shown to reduce the risk of cancer, as well as slow its growth and spread.

Happy GUT

The fiber content of romaine lettuce makes it a good supplement for a healthy digestive tract. Romaine lettuce contains 2 grams of fiber per serving, about 5 percent of the recommended daily value.



“ Food safety is the most important part of growing leafy greens. We monitor water quality, sanitize harvest equipment daily, and send samples to laboratories—all to ensure our product is safe for consumers.”

– Jack Shiyomura
Lettuce Farmer | Huron, CA

According to the **Guinness Book of World Records**, Mike Jack, a vegan speed-eating superstar from Canada, holds the record for the fastest time to eat a head of lettuce: 1 minute, 31.053 seconds.

Did you know?

In Europe, during the Middle Ages, artists would extract green pigment from spinach to use as ink or paint.



What do you call a movie about leafy greens?

A fairy-kale!



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