

OREGON SALAD GREENS GROWN FOR SCHOOLS

Healthy, Fit and Ready to Learn

- Students who eat healthy foods and get regular physical activity often perform better in the classroom.
- Help your children eat healthy foods by including a green salad with your family dinner every night.
- Add in season dark leafy greens like romaine, green and red leaf lettuce, baby kale and chard leaves, or spinach to your salads for variety throughout the year.

Grown In Oregon

- Oregon's cool, wet springs and autumns are good for growing salad greens. ■ Salad greens grow year round in Oregon's foggy, coastal valleys because the weather is cool and damp all year round. ■ Salad greens also grow well in the mild winters of the Willamette Valley.

NUTRIENTS FOUND IN SALAD GREENS:

Salad greens are an excellent source of **vitamin K** and **vitamin A**.

Vitamin K helps stop cuts and scrapes from bleeding too much.

Most dark leafy salad greens are also good sources of **vitamin C** and **folate**.

YOUR OREGON KITCHEN

Quick and Easy!

- Use a variety of dark leafy greens in salads.
- Add salad greens like romaine, green leaf, and red leaf lettuce to sandwiches.
- Add color to salads with carrot strips, shredded purple cabbage, or fruit (e.g., strawberries, apples, raisins).

Spring Green Salad

INGREDIENTS

- 3 ounces spinach (about 3-1/2 cups)*
- 3/4 cup strawberries, washed and halved*
- 1/2 cup walnut or filbert pieces (toasted if desired)*

DRESSING INGREDIENTS

- 1/2 teaspoon sugar*
- 1/8 teaspoon paprika*
- 1 Tablespoon orange juice*
- 1/2 Tablespoon lemon juice*
- 3/4 teaspoon vinegar*
- 1/2 teaspoon finely chopped onion*
- 1 Tablespoon salad oil*

DIRECTIONS

1. Wash and dry spinach, tear into pieces, and chill.
2. To make dressing: Combine all ingredients in a jar and shake well or process in a blender.
3. Right before serving, toss strawberries, walnuts or filberts and spinach. Add dressing to coat salad. Serve immediately.
4. Refrigerate leftovers within 2-3 hours.

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES*

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ – 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

Source:
www.foodhero.org/recipes/healthy-recipes



FIND OUT MORE: Visit the Oregon Department of Education Child Nutrition Programs web page at www.ode.state.or.us/services/nutrition. Find the link to Oregon Farm To School and School Garden Program under Associated Topics.

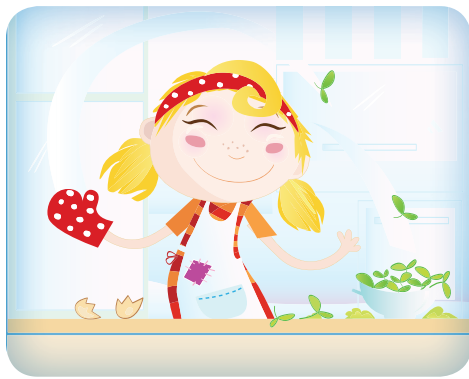
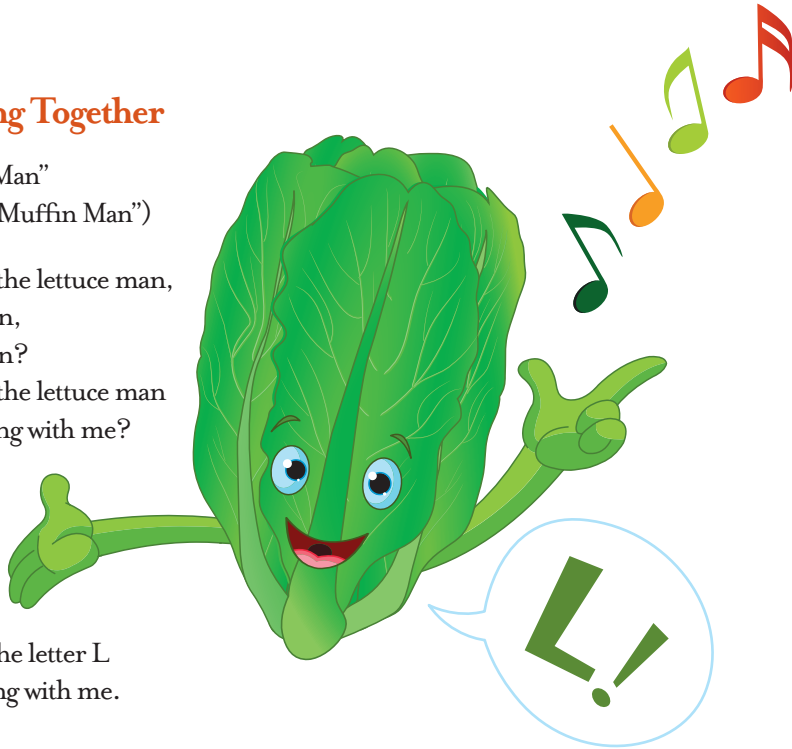
Just for Kids

Sing A Song Together

“The Lettuce Man”
(tune of “The Muffin Man”)

Do you know the lettuce man,
the lettuce man,
the lettuce man?
Do you know the lettuce man
who likes to sing with me?

Oh, he loves
the letter L,
the letter L,
the letter L,
Oh, he loves the letter L
and likes to sing with me.



Kids in the Kitchen

Invite your kids to help you in the kitchen. Kids of all ages can help wash and tear lettuce leaves. Older children can measure the salad dressing ingredients into a jar and younger children can mix the ingredients by shaking the jar. Make sure the lid is tight. Find more ideas at the Oregon State University Food Hero website: www.foodhero.org/tips/cook-kids

Living and Eating Green

Look for Oregon-grown salad greens in your local market. Leafy salad greens are in season in Oregon from May to November. Visit Oregon’s Healthy Harvest - tips for buying, storing and preparing Oregon-grown vegetables at <http://healthyrecipes.oregonstate.edu/oregon-healthy-harvest>



PRODUCE POINTERS



Salad Greens

- Look for dark green leaves that are fresh and crisp.
- Purchase only the amount of salad greens you will use within a few days. Most salad greens are delicate and don’t keep long.
- Wrap salad greens in a slightly damp towel. Place in a plastic bag and store in the refrigerator.
- When ready to eat, rinse lettuce with cool water and pat leaves dry before using.



- Keep kids healthy by making time for play each day.
- An essential part of childhood development is awareness of weather and the rhythm of the seasons. Time outside every day makes this possible.

Visit the Let’s Move Active Families page at www.letsmove.gov for more ideas.