



PROMOTING OREGON SALAD GREENS

Add new kinds of dark leafy greens to your salad bar and lunch specials. A variety of Oregon salad greens are available year round. Experiment with spinach, baby kale and baby chard in the winter. Romaine, green and red leaf lettuce, butterhead and spinach are readily available in spring and fall. Using a variety of dark leafy greens will add new flavors, textures and colors to your salads. Get acquainted with all the leafy salad greens grown in Oregon.

Serve Dark Leafy Salad Greens

Students will enjoy trying new salad greens. Create your own salad mix by tossing together at least three different varieties of salad greens. Here's a basic formula: Use a mild lettuce like butterhead. Another should be crisp like romaine or baby kale leaves. The third should be something peppery or with color like red leaf lettuce or spinach. Include greens with different leaves. Look for leaves that are flat, curled or frizzy.

Look for new ways to include Oregon salad greens on your menu. Add plenty of salad greens to sandwiches and pita pockets. Do you serve wraps? Be sure to add salad greens for a quick meal on the go. Salad greens add texture and flavor to many foods.

Easy Marketing with Oregon Harvest for Schools

It's easy to promote Oregon fruits and veggies in your school. Place posters of Oregon Salad Greens at the entrance to your cafeteria. Put several more posters up in the cafeteria. The more often students see the message, the more likely they are to try your Oregon Salad Greens. Send the Salad Greens newsletter home. Parents will appreciate learning about the tasty and nutritious food you serve students in the cafeteria. The Salad Greens menu template makes it easy to share your monthly menu and to engage students.

Visit the Oregon Harvest for Schools web page at www.ode.state.or.us/search/page/?id=3294.

Create A New Salad

Partner with the school principal and teachers to challenge classes to create and promote a new salad for the school menu. Provide classes with a realistic budget and the “Promotion Planner” from *Fruits and Vegetables Galore*. The goal is to develop a new “salad” that can be introduced through the cafeteria or snack bar.

Encourage younger students to complete the Word Jumble activity on the Salad Greens Menu template and to sign their name. On a selected day, draw names during lunch. Selected students will help create a “salad” (with guidance from school nutrition staff) and will be acknowledged for their creation on the day it is served.

For more ideas, reference: *Fruits and Vegetables Galore*, USDA, 2004.

Recognize Local Farms

Tie a farmer and a farm to the local salad greens you are serving. Invite farmers to school to meet the students. Visit the farm and have your picture taken with the farmer or in the salad greens field. Can't visit? Ask the farmer to share a photo of their farm. Place the photo on the serving line to introduce the farmer to the students. Put the name of the farm your local salad greens come from next to the greens on your salad bar.

Try It Tuesdays

Does your staff enjoy creating new dishes for students that meet or exceed federal regulations for nutrition? When staff creates a new dish using Oregon Salad Greens, feature the new item on a “Try It Tuesday” and ask for student feedback. You can use comment cards or one-on-one surveys. Then tweak the recipe based on students’ reactions and suggestions. When you next feature the recipe, let students know that you incorporated their feedback into the new recipe.

Taste Testing Oregon Salad Greens

What you will need for taste testing (per group of 3-4 students):

- ~ 1 cup each of several varieties of washed Oregon grown salad greens
- ~ Printed labels for each variety including the name of the farm and a photo if available
- ~ Dry erase board and markers

Activity:

- ~ Make separate rows on dry erase board for each salad green variety.
Label columns: appearance, texture, smell, sound, and flavor.
 - ~ Observe and taste the first variety and discuss its characteristics within group.
 - ~ Write sensory descriptions in appropriate column; repeat for each variety.
 - ~ Take a poll to find out students' favorite variety. Share results with staff and students.
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For more ideas, reference: *School Foodservice Guide – Successful Implementation Models for Increased Fruit and Vegetable Consumption*, Produce for Better Health Foundation, 2005, pp. 39-42.

OREGON HARVEST FOR SCHOOLS CLASSROOM ELEMENTS

ELEMENTARY SCHOOL

Art Project

Have students find pictures of leafy salad greens in magazines or newspapers. Make a collage. Discuss benefits of eating salad greens.

Read A Story

How Groundhog's Garden Grew by Lynne Cherry, Little Groundhog learns how to plant and tend to his own food garden through every season in this beautifully-illustrated, thoroughly researched picture book by naturalist Lynne Cherry.

More Ideas

Find Leafy Greens Lesson Plans including leafy greens trading cards at www.leafy-greens.org/lessonplans.html

Lettuce Be Different

This lesson plan, found at <http://ofcn.org/cyber.serv/academy/ace/sci/cecsci/cecsci135.html>, has elementary students compare their own similarities and differences. Then they grow and compare several varieties of lettuce plants to explore similarities and differences.

MIDDLE SCHOOL

Art Project

Make up cartoons stressing the benefits of leafy salad greens. Ask Nutrition Staff if the cartoons can be posted in the cafeteria when Oregon salad greens are featured on the menu.

Cooking in Class: Caesar Salad Wrap

Makes 24 tastes at 1/4 slice each.

Ingredients:

- 1 head romaine lettuce, torn into bite-size pieces
- 4 tomatoes, chopped
- 2 tablespoons green onion, chopped
- 6 tablespoons reduced fat Caesar salad dressing
- 2 tablespoons Parmesan cheese
- 6 (10-inch) fat free flour tortillas
- Small plates or napkins

1. In a large bowl, combine all ingredients, except flour tortillas.
2. Place equal amounts of salad mixture in each tortilla.
3. Roll up tortillas and slice into quarters. Serve on plates.

Hint: You may need to prepare in two batches.

Nutrition information per serving: Calories 82, Carbohydrate 14 g, Dietary Fiber 1 g, Protein 3 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 191 mg

Source: *Network for a Healthy California*, 2011.

For more ideas, reference: *Kids Cook Farm-Fresh Food*, CDE, 2002.

School Garden: Grow Your Own Salad

If your school has a garden, here is an activity you may want to implement. Look for donations to cover the cost of seeds, tools, garden hoses, and any other costs. Growing salad greens in a school garden is easy and inexpensive, and can be done nearly any time from September through June*.

What you will need:

- ~ Variety of salad green seeds
- ~ Large growing area
- ~ Seaweed extract, or compost tea or compost

Activity:

- ~ Till the soil thoroughly, breaking up clumps and removing stones and debris.
- ~ Dig in plenty of compost to ensure the best growing soil.
- ~ Plant seeds about two feet apart, depending on variety.
- ~ Keep soil moist, but avoid watering in the evening.
- ~ Mulch soil to conserve moisture and keep soil cool.
- ~ Once plants have grown, feed every three weeks with seaweed extract or compost tea.
- ~ Begin cutting lettuce leaves as soon as they are large enough for use in a salad or other meals.
- ~ Or wait and harvest butterhead, romaine, etc. when heads are firm and fully formed.

* In cooler climates or during winter months, select a site that gets full sunlight. In warmer climates or summer plantings, select a site that gets partial sunlight.

For more ideas, reference: *A Child's Garden of Standards*, CDE, 2004.

HIGH SCHOOL

Mapping Project

Have students map the various geographical regions in Oregon where salad greens are grown. Discuss how weather influences planting and harvest of salad greens.

Have students write the Department of Agriculture in each of the 50 states to see if that state grows leafy salad greens and ask them to send information on the leafy greens grown. Have students gather information and make short presentations to class.

Find newspaper articles on leafy salad greens. Also look for articles on how weather affects crop production, harvesting, and pricing.

Find the Answers

1. Why are darker green lettuce leaves more nutritious than lighter green leaves? What is the difference in the nutrient content? How does iceberg lettuce's nutrient content compare to darker green varieties?
2. Describe how vitamin K plays a role in helping blood clot. How much vitamin K should you have in your diet for your age?

3. Name three other vegetables that belong to the family Asteraceae.
4. What are four components of photosynthesis? What is an effect of photosynthesis?
5. Identify what percentage of all commercially produced lettuce varieties make up the bagged salad sold in the domestic marketplace.

For information, visit:

<http://lpi.oregonstate.edu/infocenter/vitamins/vitaminK/>

www.nal.usda.gov/fnic/foodcomp/search

www.leafy-greens.org

www.calgreens.org