

VEGETABLE of the MONTH

Cooking for Kids

Pear Walnut Spinach Salad

Serves 4-6, Prep: 5 minutes

Substitute your favorite kind of cheese or toast the walnuts to add your own twist!

Ingredients:

2 ripe green pears, washed
4 heaping cups baby spinach
½ medium red onion
½ cup walnuts
½ cup crumbled goat cheese
~ ½ cup dressing of your choice

Directions:

1. Slice pears into bite-size pieces
2. Thinly slice red onions
3. Put pears, onions, spinach, walnuts, cheese, and dressing into a large bowl.
4. Gently toss until coated. Serve immediately.

Recipe by Emily Fitch and Megan DeVries, 2015.

Books

Grades K-2

Sylvia's Spinach by Katherine Pryor

Grades 2-5

The Gingerbread Museum of Candy, Omelets, Spinach, Ice, and Biscuits by Hermione Ma

May

The Incredible Edible Leafy Green



Just the Facts

→ Leafy green vegetables are called the "nutritional powerhouse."

→ A vegetable that is darker in color is considered more nutritious.

→ Leafy greens are good source of calcium, potassium, iron and magnesium.

→ Leafy greens contain different vitamins.

→ Most fruits and vegetables need warmer weather to grow, but leafy greens thrive in colder temperatures

→ One serving of kale has more calcium, which helps build healthy bones, than milk!

→ Spinach consumption rose 30% in the 1930's thanks to Popeye.

Did You Know?

This month on the school menu you can enjoy LEAFY GREENS in:

- Tossed salads:
 - Caesar salad w/ grilled chicken, parmesan, and croutons.
 - Asian salad w/sweet honey mustard dressing, crunchy noodles and veggies.



And every day on your school salad bar, with your choice of dressing!

For more information, see:

- <http://leafy-greens.org/>



Created by: The EPS Food & Nutrition Department

Activity: Leafy Greens

Draw a line to match the leafy green picture and clue on the right →
← with the name of the leafy green on the left:

Lettuce



I have colorful stalks that give me a rainbow appearance. I can be eaten cooked or raw, and my name isn't hard to say.

Spinach



I taste great in salads, burgers, tacos, or even use me as a wrap. Let's be friends!

Kale



I'm a leafy green with a peppery taste. Toss me in salads, on pizza, or add me to your homemade pesto. My leaves look like baby lettuce.

Collard Greens



I'm Popeye's favorite vegetable! I'm great in salads, pasta dishes, or spin me into a smoothie.

Chard



I look like thicker lettuce and am a popular leafy green in the South. Enjoy me with some barbecue or cornbread – make sure to check your collar for any crumbs!

Arugula



All hail me! I'm a popular superfood and taste great in soups, salads, smoothies, or as a yummy side.