



New York Harvest of the Month

Spring Greens

Farm Fresh
Grown by a local farmer

Popular Foods

- Salads
- Sandwiches
- Wraps
- Burgers

Nutrition Content

- Vitamin A for healthy eyes
- Vitamin C for healthy immune system
- Vitamin K to heal cuts and scrapes
- Calcium for strong bones
- Dietary Fiber for better digestion

Fun Facts

- Spring greens include things like leaf lettuce, spinach, arugula, mustards
- True to their name, spring greens are cold hardy and are grown and harvested in early spring
- Greens are eaten raw, roasted, steamed, or sautéed

