

Idaho Leafy Greens

Idaho Leafy Greens Facts

- Lettuce and most greens are cool season crops. They like to grow when the daytime temperatures are cool in the Spring and Fall.
- Because lettuce likes cooler temperatures, it can be grown all over our state.
- Lettuce is a fast growing plant. You can harvest lettuce 8-10 weeks after planting the seed.
- Although lettuce is the most popular to eat, other leafy greens include: kale, spinach, cabbage, Brussels sprouts, and collards.

Nutrition Facts

- The darker the leaves, the more nutrient-rich the leafy greens. (Romaine has six times more vitamin A and three times more vitamin K than iceberg lettuce.)
- Leafy greens supply lutein, which contributes to good vision and may help protect your eyes.
- Some leafy greens provide folate, potassium, and fiber, too.



Quick and Easy Sautéed Spinach

Ingredients:

- 1 Tb olive oil
- 1 10 oz bag of fresh spinach
- 1 clove fresh garlic, minced or pressed
- ¼ cup grated parmesan cheese

Directions:

Heat the olive oil and minced garlic in a large skillet over medium heat. Add the spinach to the skillet, stir and cover. Allow to cook up to 5 minutes. Stir. Sprinkle with parmesan cheese and serve.

Adapted from allrecipes.com

