

Fun FACTS



The leaves of swiss chard are green, but the stem of the leaves can be different colors like red, pink, and yellow!



Leafy greens are green leafy vegetables that include things like lettuces, spinach, Swiss chard, beet greens, kale, microgreens, and more!



Swiss chard and spinach are good sources of iron!



Greens aid in digestion due to their high fiber content!



Spanakopita is a Greek dish that has layers of spinach, feta cheese, herbs and phyllo dough to make a delicious flaky, savory pastry. The origins for this dish date back to the Byzantine era (4th-15th century) with similar dishes like “plakous” that combined greens, cheese, and herbs in a pastry.



LOCAL FOODS
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Fun FACTS

While iceberg lettuce adds a satisfying crunch to a sandwich or salad, it is mostly water and lacks the nutrient content compared to other greens!

Kale, collard greens, leaf lettuce, beet greens, Swiss chard, and even parsley are very high in vitamin K!



Collard greens are a staple in southern cooking!

Eating leafy greens daily has been linked to better brain function!



Greens are great sources of vitamins A and C!

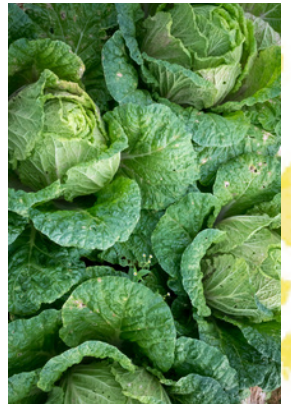
The cartoon character, Popeye the Sailor Man, is known for eating a can of spinach to boost his strength when saving the day. The cartoon was so popular that spinach sales and consumption increased by 30%!



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World's BIGGEST



Collard Greens: The tallest Guinness World Record collard plant was **13 ft 4 in!** It was grown in Florida in 2007 by Woodrow Wilson Granger.



Swiss Chard: The world's biggest Swiss chard plant was grown in Alaska by John Evans in 1995, it weighed **71 pounds 12 ounces!**



Speed eating competitor Leah Shutkaver from the UK holds the world record for the fastest time to eat a head of lettuce at **46.53 seconds** (2023)! The previous record was **1 min 31 seconds** by Mike Jack from Canada (2021).

Photo: Leah and Mike competing in 2023.



Need To KNOW



Greens tend to be fast growers; lettuce and spinach can be harvested in as little as 30 days!

Growing



Most leafy greens can be grown in pots, making it easy to grow them in small spaces!

Fresh greens can be stored the refrigerator, but some like, spinach, chard, or collard greens can be frozen for longer storage!

Storage



Cooking



As well as being consumed raw, leafy greens can be used in various salads, slaws, smooties/juices, added to sandwiches, soups, stews, omelets, or be sautéed, stir-fried, or steamed!

