

Michigan Harvest of the Month



Michigan Nutrition Network at™

Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured vegetable is **cooked greens**



BOK CHOY

KALE

COLLARD GREENS

Health and Learning Success Go Hand-in-Hand

School meals can give students the nutrition they need to grow strong and healthy. Studies show that healthy students learn better. Help your child be healthy and do better in school by enrolling in a school meal program. *Harvest of the Month* encourages students to make healthy food choices and be physically active every day.

What's in Season?

Michigan grown greens are grown and harvested from April through October. Purchasing locally grown greens will often cost less than other types of greens shipped from other states or countries and taste fresher as well.

Healthy Serving Ideas

- Cook collards, Swiss chard, bok choy and spinach for a mild or sweeter flavor.
- Cook arugula, kale and mustard greens for a peppery flavor.
- Sauté collard greens with garlic, onions, tomatoes and olive oil.
- Simmer greens in low-sodium chicken broth until greens are tender and wilted.
- Stir-fry bok choy with carrots, corn and red peppers for a colorful side dish.

SAVORY GREENS

Makes 6 servings. 1 cup each.
Cook time: 30 minutes

Ingredients:

- 3 cups water
- ¼ pound skinless turkey breast
- ¼ cup chopped onion
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of collards, kale, turnip greens, mustard greens)

1. Place all ingredients except greens into large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Slice greens into bite-sized pieces.
4. Add greens to stock. Cook 20 to 30 minutes until tender. Serve hot.

Nutrition information per serving:

Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*

For more recipes, visit:
www.cachampionsforchange.net



Let's Get Physical!

- **At home:** Place a couple of soup cans to use as weights near the TV. Every time a commercial comes on, put on some music and dance together. Stand up and stretch your body during this time.
- **At school:** Walk to and from school or to after-school activities.
- **With the family:** Go to the mall and walk for 30 minutes when the weather is too cold to exercise outside.

For more information, visit:
www.getssweaty.com

Nutrition Facts

Serving Size: ½ cup cooked Swiss chard (88g)

Calories 18	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 157mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Proteínas 2g	
Vitamin A 107%	Calcium 5%
Vitamin C 26%	Iron 11%

How Much Do I Need?

- A ½ cup of cooked greens is about the size of one cupped handful.
- Most cooked greens are an excellent source of vitamin A, vitamin C, and vitamin K.
- They also have calcium, a mineral that helps the body grow strong bones and teeth.

The amount of fruits and vegetables you need depends on your age, gender and physical activity level. Look at the chart below to find out how much each person in your family needs.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½-5 cups per day	4½-6½ cups per day
Females	2½-5 cups per day	3½-5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

Produce Tips

- Choose leafy greens with fresh, full leaves.
- Avoid greens that have brown, yellow, spotted, wilted or slimy leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use.
- Cut stems from leafy greens immediately before cooking.
- **Helpful Hint:** Two cups of raw greens makes about ½ cup cooked.

For more information, visit:
www.leafy-greens.org

SWISS CHARD

