

**POPULAR VARIETIES OF SPRING GREENS INCLUDE SPINACH, BOK CHOY, MUSTARD GREENS, COLLARD GREENS, DANDELION GREENS, AND KALE.**

**SPRING GREENS ARE VIRTUALLY FAT-FREE AND LOW IN CALORIES.**



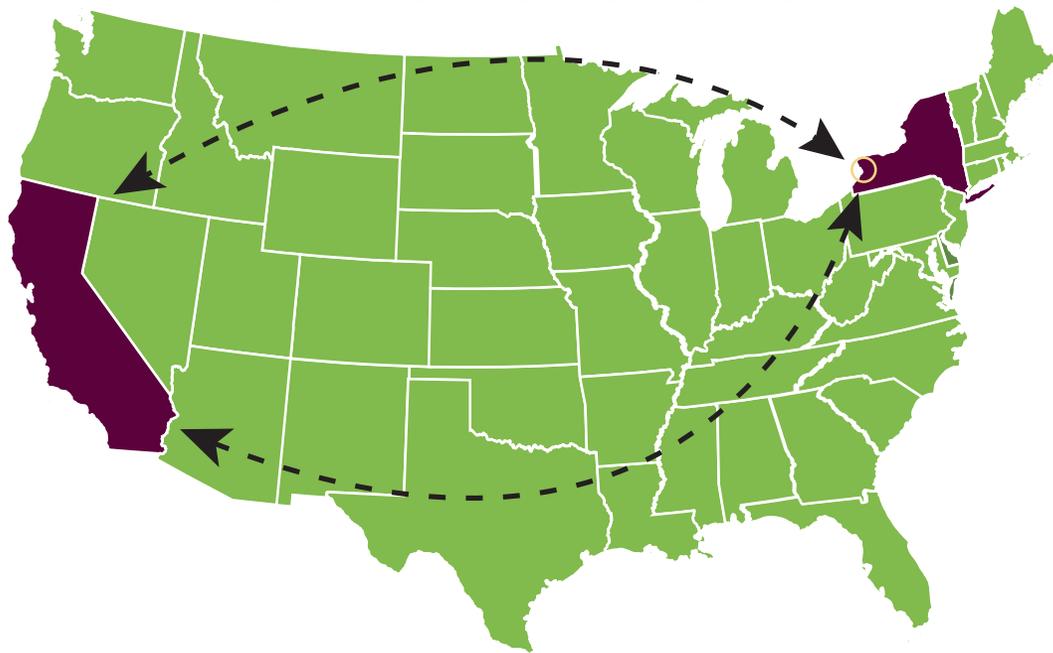
**SPRING GREENS ARE AN EXCELLENT SOURCE OF**



**SPRING GREENS TASTE GREAT RAW IN A SALAD, STEAMED, SAUTÉED, ROASTED, OR EVEN MADE INTO CHIPS!**

# Spring greens belong to the Brassicaceae family.

CALIFORNIA LEADS THE NATION IN PRODUCTION OF SPRING GREENS. SPRING GREENS GROWN IN CALIFORNIA WOULD HAVE TO TRAVEL OVER 2,000 MILES TO REACH THE CAFETERIA! OUR NEW YORK STATE SPRING GREENS ONLY HAVE TO TRAVEL 20 MILES TO REACH THE CAFETERIA!



TRUE TO ITS NAME,  
SPRING GREENS ARE  
FOUND IN SHADES OF  
DARK GREEN AND WE  
EAT ITS EDIBLE LEAF.



SPRING GREENS ARE HARDY EVEN IN THE COLD SO THEY CAN BE HARVESTED IN EARLY SPRING!