

# BUFFALO FARM TO SCHOOL



# Salad Greens



## Varieties Grown in New York State

- **Butter Head Lettuce** (Bibb and Boston)
- **Romaine Lettuce**
- **Kale**
- **Iceberg Lettuce**
- **Arugula**
- **Spinach**
- **Leaf Lettuces**

## Nutrition and Health Benefits

- Salad Greens are low in fat and calories.
- Salad Greens are high in good nutrients like fiber, protein, iron, and calcium. These are good for strong bones and teeth!  
**EXPERT TIP!** The darker the color green, the more nutritious it is for our bodies!
- Veggies like Salad Greens are rich in Vitamins K & A, which can help heal cuts and scrapes!  
**EXPERT TIP!** Eat salad greens in a rainbow of colors! Different shades of green have different health benefits!

## How to Grow It

- **FUN FACT!** There are over 100 different varieties of lettuce!
- **Difficulty:** Easy!
- **Growing Season:** Salad greens grow best in cooler seasons like spring and fall.
- **Sun & Soil:** Lettuce does best in direct sun, but part shade is helpful when it's really hot! Plant in well-draining, cool, loose soil!
- **Size and Planting:** Plant seeds 1/8-inch deep, and 1-inch apart! Leave 12-18-inches in between rows!  
**EXPERT TIP!** Grow a variety of different lettuces in pots, too! Use your pretty lettuce as edible landscaping!
- **Planting Time:** Early spring  
**EXPERT TIP!** Don't plant seeds too deep, they need light to grow!
- **Time to Harvest:** On average, time to mature harvest from planting is between 45-75 days. But sampling tender leaves before this time is A-Okay!  
**EXPERT TIP!** Lettuces can grow in a range of colors, like light, medium, and dark green, red, and even purple!

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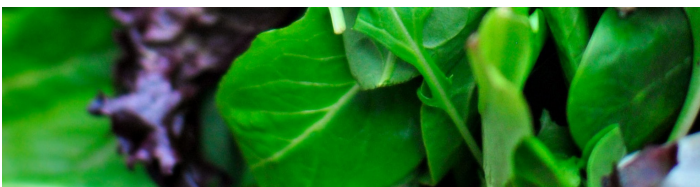


## Selection

- Choose Leaf Lettuce with crisp edges, and avoid brown edges.
- Look for Arugula with bright green leaves that are crisp, and stems that aren't withered or slimy.
- Choose dark colored Kale bunches with small to medium sized leaves.
- Avoid Head Lettuce with brown, wilted leaves.
- Pick Spinach bunches with fresh, crisp, green leaves, and no sign of insect damage.
- **FUN FACT!** Leaf Lettuce is a type of lettuce with leaves that branch from a single stalk in a loose bunch, instead of forming a tight head. These leaves are crispier and more full-flavored than those of the Head Lettuce varieties!

## Preparation & Cooking Tips

- Rinse greens right before you're going to use them, to avoid spoilage.
- To rinse: Dunk greens into a large bowl with cold water, and then shake them off, or use a colander. Use a salad spinner to remove the most moisture!
- Sauté! Choose a few types of greens and sauté them with a little olive oil, salt, pepper, and garlic and pick a favorite!
- **FUN FACT!** Lettuces and greens can be enjoyed many ways – raw, cooked, sautéed, pureed!
- **FUN FACT!** Butter Head Lettuces include both Bibb and Boston Lettuce. These lettuces have a slightly sweet, almost buttery taste!



## Storage Tips

- Store Leaf Lettuce in a plastic bag in the fridge for 3-5 days.
- Keep Head Lettuce in a plastic bag in the fridge for up to 5 days. Rinse before using!
- **Fun Fact!** Give limp greens new life by dunking into ice cold water!

## Kid-Friendly Eating Tips

- **Wrap it! Make a sandwich!** Use large leaves like Bibb or Butter Head lettuce as the 'bread' or the wrap for a sandwich and skip the bread!
- **Use for a taste test!** Use different types of greens to taste test different salad dressings and pick out a favorite for a family salad!
- **Spread it!** Use a green pesto, like arugula pesto, as a sandwich spread!
- **Make your eggs green!** Add some greens to your scrambled eggs to get more veggies into your breakfast!

## RECIPE

### TROPICAL SALAD FEATURING FARM FRESH GREENS

#### Ingredients:

- 1 head Green Leaf Lettuce
- 1 head Red Leaf Lettuce
- 1 can (16oz) Pineapple tidbits
- ½ cup Cranberries
- ½ cup Sunflower Seeds
- ½ Quinoa White

#### Directions:

- Clean and chop lettuce into small pieces
- Drain pineapple overnight
- Cook quinoa according to directions on package and allow to cool
- Build salad in layers starting with leaf lettuces, quinoa, cranberries, pineapple, sunflower seeds
- Serve with Fat Free Raspberry dressing or your favorite dressing

**Yield:** 20 servings



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