

Louisiana HARVEST *of the* MONTH



Greens

Fun Facts About Greens!

- Mustard and collard greens are staples in Southern soul food and are traditionally cooked with ham hocks or smoked pork.
- Collard greens are tastier and more nutritious in the cool season after the first frost.
- Adding a handful of greens to your favorite smoothie will provide extra nutrients without changing the flavor.



Greens Are Nutritious and Good for You!

- Greens are a nutrition powerhouse! They are an excellent source of calcium and vitamins A, C and K.
- Swiss chard comes in a rainbow of stem colors and is a close relative to beets. It is as colorful as it is nutritious!
- Mustard greens are packed with fiber, which helps with digestion and reduces cholesterol.
- Cooked collard greens are an excellent source of omega-3 and omega-6 fatty acids, the essential fatty acids.



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