

Cooked Greens

Harvest of the Month--November

Some types of Cooked Greens are:



Kale



Collard Greens



Bok Choy



Swiss Chard

A ½ cup of most cooked green varieties is an excellent source of vitamin C which helps wounds heal and helps keep teeth and gums healthy.



This material was created and approved as an extension to Harvest of the Month produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information in Tulare County, call 1-800-834-7121. For important nutrition information, visit www.cachampionsforchange.net.