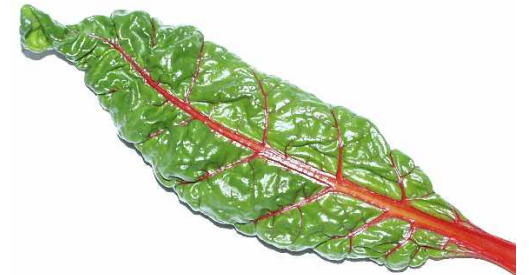


# Cooked Greens

## Featured Produce of the Month November, 2009



- Cooking Greens are known as cool-season crops, but can be grown and harvested almost year-round.



- Most types of Cooked Greens are an excellent source of vitamin A and vitamin K.
- Cooked Greens also contain calcium which helps us to have healthy teeth and bones.



Tulare County Office of Education

*Jim Vidak, County Superintendent of Schools*



This material is adapted from 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 call, 1-877-847-3663. For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).