

# North Carolina Harvest of the Month

## STEPS TO HEALTH

The North Carolina Harvest of the Month featured vegetable is



BOK CHOY



KALE

COLLARD GREENS

## Health and Learning Success Go Hand-in-Hand

School meals can give students the nutrition they need to grow strong and healthy. Studies show that healthy students learn better. Help your child be healthy and do better in school by enrolling in a school meal program. *Harvest of the Month* encourages students to make healthy food choices and be physically active every day.



## Healthy Serving Ideas

- Cook collards, Swiss chard, bok choy, and spinach for a mild or sweeter flavor.
- Cook arugula, kale, and mustard greens for a peppery flavor.
- Sauté collard greens with garlic, onions, tomatoes, and olive oil.
- Simmer greens in low-sodium chicken broth until greens are tender and wilted.
- Stir-fry bok choy with carrots, corn, and red peppers for a colorful side dish.



## Savory Greens

**Makes 6 servings.** *1 cup per serving.*

**Cook time:** 30 minutes

### Ingredients:

- 3 cups water
- 1/4 pound skinless turkey breast
- 1/4 cup chopped onion
- 2 cloves garlic, crushed
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground cloves
- 1/2 teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of collards, kale, turnip greens, mustard greens)

### Directions:

1. Place all ingredients except greens into large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Slice greens into bite-sized pieces.
4. Add greens to stock. Cook 20 to 30 minutes until tender. Serve hot.

### Nutrition information per serving:

Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.*

For more recipes, visit:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## Home Grown Facts

- Cooking greens are usually cooked to soften them before eating, though you can shred some of the more tender small leaves and add them to salads. The stems tend to be tough, so you may want to remove them before cooking.
- Cooking greens include collards, Swiss chard, rainbow chard, bok choy, spinach, arugula, kale, turnip greens, and mustard greens. Most greens are a cool season crop. Peak season is in early spring or fall.
- Because greens typically grow best in sandy soil, it is important to wash them very well before cooking or eating.
- North Carolina is one of the top kale producing states in the US.
- Collard greens are one of the most popular garden vegetables in the south. Collards along with mustard and turnip greens have tougher and stronger flavor.
- Swiss or rainbow chard is from the spinach family. It has deep green crumpled leaves with either purplish, red, or yellow stems.
- Bok choy is from the cabbage family and means "white vegetable" in Chinese. Both the stem and the leaves of bok choy can be added to stir fry dishes.

[www.ces.ncsu.edu](http://www.ces.ncsu.edu)

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

## BE AN ACTIVE FAMILY!

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

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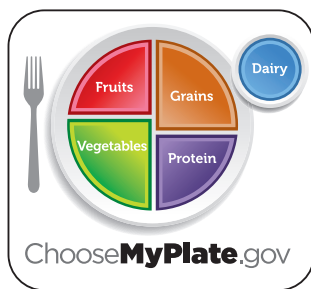
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## Why Focus on Fruits and Vary My Veggies?

- Fruits and vegetables are an important part of an overall healthy, balanced diet.
- Vitamins and minerals are nutrients your body needs to grow, work, and fix itself. Vitamins and minerals are nutrients your body needs to grow, work, and repair itself. Cooked greens contain many vitamins and minerals including calcium and iron.
- A good tip to follow is to make half your plate fruits and vegetables to reach your daily needs!



## How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart at right to find out how many cups of fruits and vegetables you and your family need every day.

## Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5–12	Teens and Adults, Ages 13 and up
Males	2½–5 cups per day	4½–6½ cups per day
Females	2½–5 cups per day	3½–5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.

## How Much Cooked Greens?

- A half cup of cooked greens is about one cupped handful.
- Most cooked greens are an excellent source\* of vitamin A, vitamin C, and vitamin K.
- Some cooked greens are also good sources\*\* of calcium and iron.

\*Excellent sources provide at least 20% Daily Value.

\*\*Good sources provide 10–19% Daily Value

## Nutrition Facts

Serving Size: ½ cup cooked Swiss chard (88g)

Calories 18      Calories from Fat 0

% Daily Value

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 157mg      7%

Total Carbohydrate 4g      1%

Dietary Fiber 2g      7%

Sugars 1g

Protein 2g

Vitamin A 107%      Calcium 5%

Vitamin C 26%      Iron 11%

## Produce Tips

- Choose leafy greens with fresh, full leaves.
- Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use.
- Cut stems from leafy greens immediately before cooking.
- **Helpful Hint:** Two cups of raw greens makes about a half cup cooked.

For more information, visit: [www.leafy-greens.org](http://www.leafy-greens.org)

## Healthy Serving Ideas

- Flavor collard greens by cooking them with smoked **turkey breast**. Add in chopped peppers for an extra kick.
- Add chopped kale or Swiss chard to **soups** and **stews**.
- **Stir-fry** bok choy with a variety of colorful vegetables. Serve over a bed of brown rice.

## ACTIVE ADULTS

Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.

To learn about the other food groups, visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov).