



Hey kids, become a **FOOD EXPLORER** and check this out!

Greens



Did you know...?

- In the South, people eat greens and black-eyed peas on New Year's Day for good luck. The greens and peas are a symbol of paper money and coins.
- Ancient Greeks and Romans loved to eat collard greens.
- People often thought that a collard leaf on your forehead would cure a headache.
- Popeye, the sailor who loves spinach, first appeared in a comic strip in 1929.
- You can eat young dandelion leaves in fresh salads or cook them as a side dish. Just don't eat any that were treated with chemicals.



DELICIOUS AND NUTRITIOUS

Besides the color, the word “green” means fresh, support for the environment. Greens are also fresh and good for our bodies. They're low in cost and high in vitamin A, vitamin C, and fiber.

A SUPER SNACK IDEA

Make a spinach quesadilla! Fill a tortilla with spinach and cheese. Then heat it in a toaster oven or microwave.

GREENS HUMOR

What happened to the yellow vegetables that grew in the collard garden?

They got collard green!