



Kentucky Harvest of the Month



JANUARY: GREENS

Types of Greens Grown in KY

- Romaine Lettuce
- Spinach
- Mustard greens
- Kale
- Leaf Lettuce
- Arugula
- Collards
- Bibb Lettuce

Growing Greens

In Kentucky, greens can be enjoyed pretty much year-round! To extend the season, farmers grow greens in high-tunnels or cold frames.

Health Benefits of Eating Greens

- high levels of fiber, iron, magnesium, potassium and calcium
- little carbohydrates, sodium and cholesterol
- rich in vitamins A, C, E and K
- high in antioxidants
- low calorie

Ideas for Your Virtual Classroom

Elementary School

- Grow microgreens in your classroom and take photos or video for students. Have students write observations each week (or day)
- Compare different types of greens (can show through videos or photos). Can create venn diagram!
- *Mapping Salad Activity* (see attachment)

Middle School

- *Loads of Lettuce Activity* (see attachment)
- Explore hydroponics (greens grow well hydroponically!)



High School

- Discuss plant biology (including parts of a plant) using examples of common vegetables kids eat, including greens
- In a health class, discuss the benefits of eating healthy with a focus on greens

MAPPING SALAD

Read the text on the history of salad, and map the country or region of these salads from around the world. See *the world map on page 8*.

WHAT IS A SALAD?

Roman: The first salads were made by the Romans and called “herba salata.” They often served greens raw, with a little vinegar, oil and salt. The most popular salad green was called “cos” by the Romans. When the leaves were introduced to Europeans, they called it “Roman” which eventually became “Romaine.”

English: Almost 300 years ago, cooks in London could buy a cookbook for making salads. The advice would be to use the freshest leaves straight out of the garden, gently washed and “swung all together” to dry. Then the leaves should be dressed with a mixture of green olive oil, best quality vinegar, and finest sea salt. At that time it was common to find 35 varieties of greens growing in a London kitchen garden.

American: Salads of all kinds were very popular in America in the 1920’s. This was the era when molded and more tidy looking salads became common. Over time the casual “tossed” salad regained highest favor, which continues today. Presently, we enjoy almost infinite combinations, ranging from many varieties of greens, to those packed with fruits, veggies, meat and more.

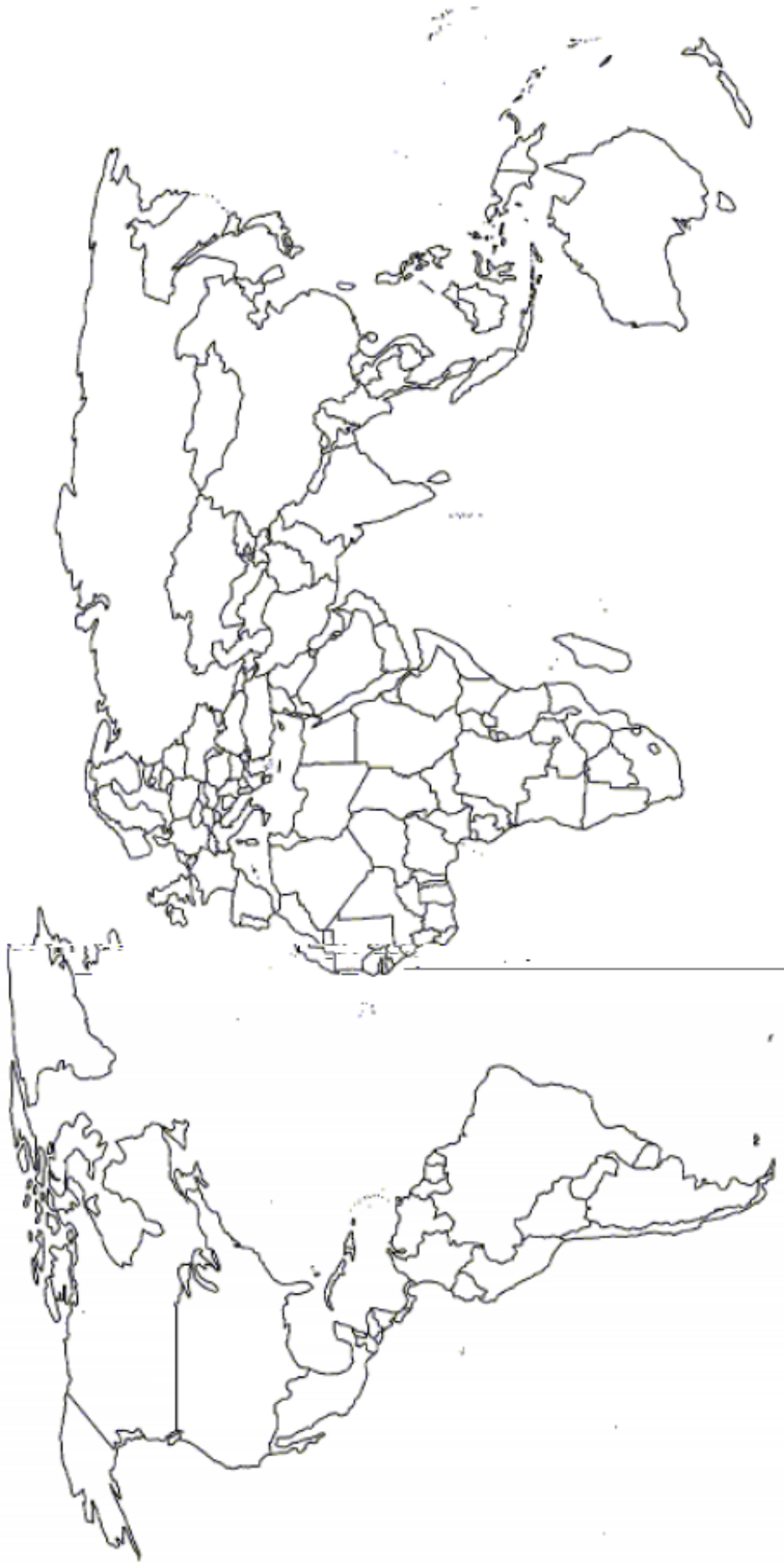
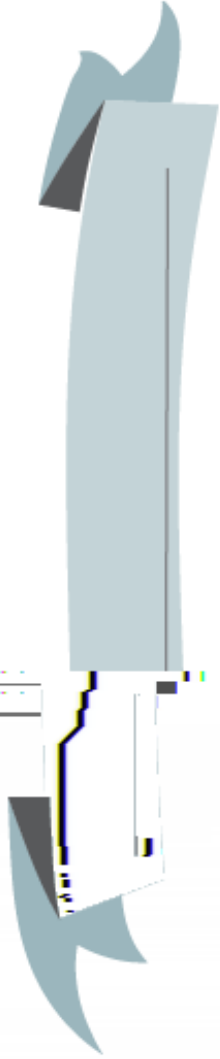
SALADS AROUND THE WORLD:

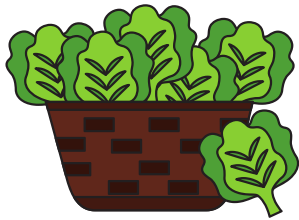
- Caesar Salad:** Even though named after an Ancient Roman, containing romaine lettuce, and a creamy garlic anchovy dressing, Caesar salad is an invention of the U.S. **Locate the United States.**
- Caprese Salad:** An Italian Salad with tomatoes, mozzarella cheese, basil and olive oil. **Locate Italy.**
- Greek Salad:** Contains feta, cucumbers, onions, olives and olive oil, and an authentic salad contains no lettuce. **Locate Greece.**
- Gado-gado:** An Indonesian vegetable salad served with a peanut sauce dressing. It is eaten as a main dish. **Locate Indonesia.**
- Nicoise Salad:** A typical dish in France made with lettuce, native Nicoise olives, anchovies, and dressed with dijon mustard vinaigrette. **Locate France.**
- Cole Slaw:** A salad made of cabbage and shredded vegetables, popular in the U.K., and the U.S. **Locate the United Kingdom and the United States.**
- Tabouleh:** A common salad in the Middle Eastern Salad made from cracked wheat, lemon, olive oil, herbs and spices including mint, parsley and scallions. **Locate the region of the Middle East, and label one country.**
- Waldorf Salad:** A fruit salad containing apples, celery, nuts, grapes and mayonnaise. It was invented in the Waldorf Hotel in New York City. **Locate the city of New York in the U.S.**
- Fiambre:** A traditional meat salad of Guatemala served to recognize the Day of the Dead. It can be made with up of 50 ingredients including sausage, cold cuts, chicken, pickled baby corn, olives, onions, beets, cheeses, even Brussels sprouts. **Locate Guatemala.**
- Abacha & Ugba:** Also called African Salad, this is a popular salad in Nigeria made from dried shredded cassava and fermented oil bean seeds. **Locate the continent of Africa, and the country of Nigeria.**



Activity #8

THIS MONTH'S FOOD:





Loads of Lettuce

The following table shows the *acres* of different lettuces harvested in Kentucky in 2007, 2012, and 2017.

Lettuce Harvested in Kentucky

Lettuce Variety	2017	2012	2007
Head Lettuce	28 acres	6 acres	4 acres
Leaf Lettuce	43 acres	15 acres	12 acres
Romaine Lettuce	22 acres	5 acres	7 acres
Total Acres	93 acres	26 acres	23 acres

This data comes from the National Agricultural Statistics Service - Ag Census.

1. Create a bar graph to compare **total lettuce** harvested in 2007, 2012 and 2017.



2. Based on the data and your graph, did the total amount of lettuce harvested in Kentucky increase, decrease, or stay the same? Why do you think this is the case?

3. Compared to 2012, how many more acres of romaine lettuce were harvested in 2017?

4. Which variety of lettuce grew the most in number of acres harvested from 2007 to 2017?

Bonus - Can you calculate the percent difference of total harvested lettuce between 2007, 2012, and 2017? Compare 2007 to 2012 and 2012 to 2017.