

LEAFY GREENS

Cool Spinach Facts:

- Spinach originates from the Middle East, most likely Persia or modern-day Iran. It was brought to Spain via the Moors somewhere between 800 AD and 1200 AD. Cultivation of spinach began in the USA around 1806.
- Currently, California & Texas are the United States' major producers.



Strawberry Spring Greens Salad

Cool Kale Facts:

- Kale, a member of the cabbage family, has been present for 2,000 years and was first cultivated in Europe and Asia. It is suggested that humans have been growing and eating kale since 600 B.C. Recordings from early Rome mention “brassica,” a term for leafy green plants, likely included kale.
- Today, kale grows well in California, Georgia, New Jersey, Texas, and North Carolina in the United States. As of 2012, there were 2,500 American kale farms.



Asian Sesame Mandarin Salad



LEAFY GREENS GROWING REGIONS

