



JANUARY



DESCRIPTION

Greens are composed of 3,700 species which include kale, cabbage, collards, and turnips. These leafy dark blue green vegetables can be grown in a variety of soils, therefore all over South Carolina.

Information from:
<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=138>
<http://www.clemson.edu/extension/hgic/plants/vegetables/crops/hgic1307.html>
<http://www.365daysofkale.com/2011/10/just-for-fun-kale-quotes-and-t-shirts.html>
<https://www.plantoeat.com/blog/2012/08/crispy-kale-chips/>

**Palmetto Pick of the Month:
GREENS**

HISTORICAL FACTS

Prehistoric greens originated in Asia and were then cultivated in ancient Greece and Rome. Greens were first mentioned in the United States in the 17th Century.

HEALTH BENEFITS

Greens are known to have anti-inflammatory properties; properties that decrease the risk of cancer. This leafy green vegetable rich in Vitamin K also helps with digestion.

HARVEST TIPS

Harvesting greens should happen 70 days after direct seeding. Simply cut the whole plant or in pieces as the plant grows.



QUOTE
 "There are two types of people; those who eat kale and those who should."
 -Bo Muller Moore

PALMETTO PICK OF THE MONTH SNACK

Sprinkle kale pieces with sea salt and bake in the oven on 350° to make crispy kale chips!



SC Farm to School put together a harvest of the month program called *Palmetto Pick of the Month*.