

# The Daily Scoop, May issue.

Daily school announcements to encourage eating *lean and green*



Welcome to the May edition of the *Daily Scoop* - good nutrition news delivered daily, featuring *Harvest of the Month*, *Cool Bean of the Month*, and national health campaigns, like *National Salad Month*.



**Harvest of the Month:** Avocado (healthy fat) & Carrots (Vitamin A)  
**Cool Bean of the Month w/ Cultural Connection:** Pinto Bean, Mexico  
**Health Campaign:** National Salad Month  
**Spring Environmental Connection:** Eating Sustainably

Each Announcement begins with, "Time for your Daily Scoop of good nutrition news..."  
Each announcement ends with, "Remember, healthy choices are KEY for success!"

## MAY, WEEK ONE

1. It's the month of May, and May is *National Salad Month*! *National Salad Month* reminds us how important it is to eat lots of fresh leafy green salads for a healthy body, mind, and spirit. A salad a day keeps the doctor away!
  2. We celebrate *Cinco De Mayo* - the 5th of May - this month, as a way to recognize Mexican culture and pride. Eating Mexican food is delicious any day of the month, with bean burritos filled with creamy avocado and chunky tomato salsa.
  - 3\* Our fruit *Harvest of the Month* is an Avocado, delicious in burritos, sandwiches and salads. Avocados are a fruit because they have a seed inside. When the first English settlers arrived, they called an avocado an Alligator Pear because of its rough green shape.
  - 4\* Our fruit *Harvest of the Month* is an Avocado, a fruit because it has a seed inside. Avocados are packed with vitamins and minerals, and they have something else your body needs: Healthy fat, an important nutrient for growth and energy.
- Friday.** Para *Cinco de Mayo* and Mexican pride, *let's move!* How about turning on some latin salsa music this weekend and dancing to celebrate *Cinco de Mayo*. Dancing is an excellent and fun way to move your body.

National Bike to School Day is in MAY! (for exact date, [walkbiketoschool.org](http://walkbiketoschool.org))

Alternative Announcement for day before: "Tomorrow is National Bike to School Day! Biking to school is a great way to move your body, have fun, and help keep the planet green!"



## MAY, WEEK TWO



**Monday.** Let's get the week off to a good start with healthy food choices to strengthen your *immune system*. Your immune system is made up of the different organs & cells inside your body. These organs and body cells all work together - like a team - to fight against disease.

2\* Avocados, or alligator pears as they were once called, are a source of "good fat," important for growth and energy. Bad fats are in animal foods like bacon and cheese. Too much bad fat can harm your body and cause disease. Good fats come from plants, like nuts and avocados.

3\*\* The vegetable *Harvest of the Month* is a sweet orange carrot, great for adding color, crunch and Vitamin A to a fresh salad - in May, *National Salad Month*. Vitamin A is important to strengthen your body's **immune system**, your internal organs & cells that fight germs.

4. The *Cool Bean* this month is the Pinto Bean, popular in Mexican food. For *National Salad Month*, a Taco Salad topped with protein-packed pinto beans, crunchy carrots and creamy avocados is an excellent choice for lunch or dinner!

**Friday.** It's important to move your body everyday! With *Cinco de Mayo* in mind, Mexico's most popular sport is soccer! Let's move today and all weekend long with a walk, a bike ride, or how about a game of soccer in the park?

\***Asterisks** indicate *Harvest of the Month* announcements that can be swapped with *alternate HOM* announcements (see spring fruit and vegetable supplement). Alternate announcements are intended for use only as part of the comprehensive *Daily Scoop* program.

**Each announcement begins with:** “Time for your Daily Scoop of good nutrition news...”

**Each announcement ends with:** “...Remember, healthy choices are KEY for success!”

### MAY, WEEK THREE

**Monday.** It's the third week of *National Salad Month*, reminding us what a good idea it is to eat a salad every day! When you add fruits and vegetables, salads become a delicious way to get the recommended *five servings* of fruits & vegetables.



**2\*\*** Carrots are rich in Vitamin A, which helps your “night vision.” In other words, if you left something on the floor of your bedroom that you were supposed to put away, carrots can help you to not trip over it at nighttime.

**3\*\*** Carrots are in season for spring, and their bright orange color lets you know they have a lot of vitamin A, important for healthy vision and a healthy immune system.

**4.** The *Cool Bean* this month is the Pinto Bean, popular in Mexican food. Beans are a plant-protein, so they have the added benefit of fiber. Fiber is what helps move food through, and right on *out of* your body. It's like a broom, sweeping to keep your insides clean, which is very important for fighting disease.

**Friday.** For better health, let's move today and all weekend long with a walk, a bike ride, or how about kicking a ball around like they do in Mexico's favorite sport. Do you remember what it is? (Answer: Soccer)

### MAY, WEEK FOUR

**Monday.** Let's start the week off right, by choosing natural foods, like fruits and vegetables, grown by farmers. The opposite is processed food, made with artificial flavors and ingredients. Natural foods boost energy. Processed foods drain your energy.

**2.** Pinto Beans are the *Cool Bean of the Month*, packed with protein, and something else only plant-foods have, *fiber*. **Fiber** sweeps food through, and then out of your body to keep your insides clean and disease free. Only plant-foods have fiber!

**3.** Rolling up your salad greens & beans inside a tortilla is a great idea for *National Salad Month*. Add avocado, and you'll be adding good fat to help your body absorb nutrients from all the healthy ingredients. *Cool Beans!*

**4.** It's the fourth week of *National Salad Month*. Here's a great lunch idea: Wrap up your salad greens & beans in a whole grain tortilla. Another great reason to eat more salad greens & beans - plant-foods help conserve water and energy, compared to animal foods like burgers and pizza.

**Friday.** It's important to move your body every day to build strong bones. Exercise and sunshine are KEY for strong bones. Let's move today, and let's make it a motion filled weekend with fun activity in the (your city) SUN!



### MAY, and perhaps on into JUNE

**Monday.** Let's get the week off to a healthy start. You are in charge of your body, so take charge with champion food choices. Champion choices are natural, *real* food grown by farmers: fruits, vegetables, whole grains, nuts and beans.

**2.** More than half of your body is made up of water. That's why it's important to drink water several times a day. Eating plant foods like melons & cucumbers can also help hydrate your body. Many fruits and vegetables have water inside them, naturally.



**3.** Flavored sports drinks often have added sugar and unhealthy artificial flavors. The best “flavored” sports drink is good old fashioned water with a splash of 100% fruit juice. No artificial ingredients added.

**4.** The healthiest drink for refreshing after exercise is good old fashioned water. Water is actually a **nutrient**, important for every *cell* in your busy, brilliant body - over a trillion cells! Ditch the sugary & artificially flavored stuff. Hydrate with water and water foods, like watermelon.

**Friday.** Moving your body is super important for the trillions of cells that make up your brilliant, busy body!! So let's move those skeleton cells and muscle cells with fun activities, and hydrate those cells with refreshing, natural water!

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**Next issue arrives in September. Have a great summer break!**

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# Cool Beans, MEXICO



pinto



## Daily Scoop Nutrition Trivia



**Bean Protein.**  
What kind of bean  
is in the burrito?

## LIVE. LOVE. EAT PLANTS.

Fruits   Vegetables   Whole Grains   Seeds   Beans



**Carrot.**  
Type of veggie?



**Avocado.**  
Why good fat?





## Good Nutrition News for May

Here's a sample of the nutrition knowledge your student is gaining this month, with *The Daily Scoop* - good nutrition news delivered daily!

- It's spring, and farmers are harvesting sweet orange carrots, for adding color, crunch, and Vitamin A to a fresh salad for *National Salad Month*. Vitamin A is important for a healthy immune system - the system of body parts that work together to fight germs.
- Pinto Beans are the "cool bean" of the month, packed with protein *and* something else that only plant-protein has - *fiber*. Fiber in plant foods is very important for sweeping food through, and then out of your body - for a clean body on the inside.
- Natural food that grows from the earth is *real* food. Another word for natural, real food is *whole* food. Strawberries are healthy, whole foods but... strawberry Pop Tarts and cupcakes are not.

We hope these tips and special recipe will spark a healthy conversation about nutrition around your dinner table. *Remember, eating plant-food is good for you and the planet too!* Brought to you by [leanandgreenkids.org](http://leanandgreenkids.org)

### Lean and Green Fiesta Taco Salad

May is *National Salad Month*... and the month to celebrate Mexican pride on *Cinco de Mayo*. So, here's a delicious way to enjoy the flavors of Mexican cuisine, with plant-strong ingredients for better health, better learning, and a greener world! Cool Beans!

#### INGREDIENTS (for one large salad)

- 2-3 cups romaine lettuce, chopped thin
- 2 Tablespoons each: red bell pepper, red onion & cilantro, finely chopped
- 1/2 cup cooked/canned pinto beans (or refried beans, vegetarian style w/out lard)
- 1/2 medium avocado, sliced into 1/2 inch cubes
- 1/4 cup corn (organic, non-GMO recommended)
- 1/4 medium cucumber, chopped
- 1 carrot, shredded
- 1/4 cup (or so) chunky tomato salsa
- 1 Tablespoon Italian vinaigrette, or cilantro lime dressing (optional)
- 2 Corn Tortillas, or a handful corn tortilla chips (organic, non-GMO recommended)



#### PREPARATION

1. Heat water for steaming tortillas. While water is heating up...
2. Layer vegetable ingredients on a plate, or toss them together in a bowl.
3. Steam tortillas over hot water - or for a quick alternative method, dampen tortillas with water and heat on oven rack at 350 degrees until soft. Cut into strips, add to salad.
4. Drizzle Italian vinaigrette, or perhaps a cilantro lime dressing if desired.



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## Buena Noticia Nutritiva para mayo

Aquí esta una muestra de la conocimiento su estudiante está recibiendo este mes, con *The Daily Scoop* - ¡buena noticia nutritiva enviado cada día!

- Es la primavera, y agricultores están cosechando zanahorias dulces anaranjados para añadir color, crujido, y vitamina A a una ensalada fresca para Nacional mes de ensaladas. Vitamina A es importante para un sistema inmune sano- el sistema de partes del cuerpo que trabajan juntos para luchar gérmenes.
  - Frijoles pinto están el "padre frijol" dele mes, llenos de proteína y algo más que solo tiene proteína de plantas- *fibra*. Fibra en comidas de plantas es muy importante para mover comida por, y afuera de su cuerpo – para un cuerpo limpio adentro.
  - Comida natural que crece en la tierra es comida actual. Otra palabra para comida natural y actual es comida *entero*. Fresas están comidas saludables y entero, pero Pop Tarts de sabor fresa y pasteles no son.
- Esperamos que esos consejos y receta especial empezaran una conversación de salud y nutrición por la mesa en su hogar. ¡*Recuérdense, comiendo comida de plantas es buena para usted y la planeta también!* Traído a usted por [leanandgreenkids.org](http://leanandgreenkids.org).

## "Lean and Green" Fiesta Taco Ensalada

Mayo es nacional mes de ensaladas... y el mes de celebrar el orgullo mexicano el 5 de mayo.¡ Aquí hay una forma distrutar los sabores de comida mexicana, con ingredientes fuerte de plantas para mejorar su salud, aprendiendo, y la planeta! ¡Que Padres Frijoles!

### INGREDIENTES (por una ensalada grande)

- 2-3 tazas lechuga romano bien picado
- 2 cucharadas cada: pimiento rojo, cebolla roja, y cilantro, bien picado
- 1/2 taza cocido/de lata frijoles pintos (o resfriado, estilo vegetariano sin grasa de animal)
- 1/2 aguacate mediano, cubicado
- 1/4 taza maíz (orgánico, no-GMO recomendado)
- 1/4 pepino mediano, picado
- 1 zanahoria, rallado
- 1/4 taza (o tal) salsa de tomate
- 1 cucharada salsa italiana o salsa de cilantro y limón (opcional)
- 2 tortillas de maíz, o un punado de totopos de maíz



### PREPARACION

1. Calentar agua para cocinar al vapor las tortillas, mientras el agua está calentando...
2. Apila ingredientes de verduras en un plato, o mezcla en un bol.
3. Cocinar tortillas por agua caliente, o calentar como quiera, por ejemplo en un horno de 350 de grados hasta suaves. Corta las tortillas a tiras y añade a la ensalada.
4. Lloviznar salsa italiana u otros salsas como quiera. ¡Buen Provecho!



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# The Daily Scoop... Spring fruit alternate announcements

This supplement makes it possible for you to customize the *Harvest of the Month* in *The Daily Scoop*. To use, simply substitute the following nutrition tips where you see asterisks (\*fruit, \*\*vegetable) in the original *Daily Scoop* series. Alternate announcements are intended for use as part of the comprehensive *Daily Scoop* series.



## Berries (phytonutrients)

1. Our fruit *Harvest of the Month* is berries... raspberries, blueberries, strawberries and more! Small but mighty, berries have super nutrients - so you can play like a champ!

2. Strawberries. Blueberries. Raspberries. Berries are small but mighty, jam packed with *phytonutrients*. Like the name suggests, phytonutrients help *fight* serious diseases (like cancer).

3. Ditch the sugary bottled beverages that drain your brain. Better idea: A dash of fruit juice added to your water, and some brain boosting blue berries dropped in for an all natural “boba” (bubble) experience!

4. Shopping at the local *Farmers Market* is a great place to find berries *in season*; picked fresh - for more nutrition. Farmers Markets are good for you and the planet too, because food grown locally doesn't have to travel long distances in gas guzzling trucks.

5. Food is energy for our body and brain. Energy in food is *measured* in “calories,” similar to how height is measured in inches. Berries measure low *in calories*, so they're a smart snack for good energy and a healthy weight.



## Strawberries (Vitamin C)

1. Our fruit *Harvest of the Month* is America's most popular berry - the strawberry. And because it's a berry, it's packed with super nutrients like vitamin C, which helps your immune system fight germs.

2. Your immune system is different organs inside your body working together - like a team - to fight germs and sickness. Sweet red strawberries are a scrumptious snack with Vitamin C, to help build a stronger immune system and fight disease.

3. Spring is in full swing, and the Farmer's Market is full of delicious and nutritious spring *harvests* like sweet red strawberries and crunchy orange carrots. Eating a rainbow of fresh fruits and vegetables each day can definitely help keep the doctor away.

4. Natural food that grows from the earth is *real* food - nutritious and delicious just how nature intended us to eat. Strawberries are healthy and real food, but... strawberry Pop Tarts (*alternate*: cupcakes) are not.

5. Did you know the White House has a big garden that grows food for the President and his family? The White House garden is an *organic* garden, which means no bug poison allowed. The White House is harvesting *organic* strawberries this month - good for you and the planet too!



## Cucumber (water)

1. Our fruit *Harvest of the Month* is the cool cucumber, a fruit because it has seeds inside. An important nutrient in cucumbers is water. Water is an important nutrient just like vitamins and minerals.

2. If you had to, you could survive for weeks without food, but only a few days without water. It's important to drink plenty of water everyday, and equally important to eat fruits with water in them - like watermelon, strawberries and cucumbers.

3. Cucumbers add a cool crunch to salads, sandwiches and wraps... and the *water* in cucumbers helps nutrients flow *all* through your body to the different cells - all 100 trillion living cells. So... water them well.

4. Our fruit harvest of the month is a cucumber that adds a cool crunch to salads and wrap sandwiches. Cucumbers are a good source of water in your diet, and their skin is a good source of Vitamin K - for healing cuts and wounds.

## Avocado (healthy fats)



1. This month's fruit *Harvest of the Month* is a rich and creamy Avocado - technically a fruit because it has a seed inside. Avocado's creamy texture is a good source of vitamins, minerals, and healthy fat.

2. Avocados are the fruit *Harvest of the Month* and they're an important source of the nutrient... fat. That's right, your body requires protein, carbohydrates, and a small amount of healthy fats. The healthiest fats come from plants - like avocados and nuts.

3. Our fruit *Harvest of the Month* is an avocado - famous for its creamy, delicious flavor in sandwiches and tacos - and you can feel good knowing that the healthy fat in avocados actually boosts your body's ability to absorb vitamins.

4. Avocados are rich in healthy fats and they're also rich in a nutrient called folate. Folate and fat work together to build new cells, and your body is made up of more than 100 trillion living cells... Feed them well!

5. Avocados are a very versatile food, which means that they can be eaten in a variety of ways. They're delicious in salads and sandwiches, on tacos and chili - and adding them to these dishes helps your body absorb more nutrients from your meal.

**Find *Dried Fruit* nutrition tips in Winter Supplement Over for Spring Vegetables...**



# The Daily Scoop... Spring vegetables, alternate announcements

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## Asparagus (Vitamins)



1. The vegetable *Harvest of the Month* is asparagus, sometimes called an asparagus *spear* because of its long, spear-like shape. Every inch of the long asparagus spear is packed with vitamin E, important for protecting you from germs that can make you sick.
2. Asparagus is in season this spring, and its spear like shape can be close to a foot in length; every inch packed with vitamin E for healthy skin and hair.
3. Your whole body is made up of living cells. Protect those precious cells - all 100 *trillion* - by eating foods rich in Vitamin E, like sunflower seeds and asparagus. Asparagus spears really are weapons to help protect your body cells from disease.
4. Shopping at the local *Farmers Market* is a good place to find local and fresh food. Fresh food has more vitamins, like Vitamin E in asparagus, which protects your blood cells. Your blood cells have the important job of carrying oxygen to your heart.
5. The *Harvest of the Month* is the delicious and nutritious spear shaped vegetable - the asparagus spear. It isn't a real spear, but asparagus can defend your body against disease because it's full of Vitamins A, B, C and E!

## Carrots (Vitamin A)



1. It's spring, and farmer's are harvesting sweet orange carrots, great for adding color, crunch, and Vitamin A to a fresh salad or sandwich.
2. The harvest of the month is carrots, rich in vitamin A for healthy eyes *and...* healthy skin... hair... and bones! Find the freshest carrots at your local Farmers Market - fresher means more nutrients.
3. Our *Harvest of the Month*, carrots, are famous for their Vitamin A which is important for healthy eyes and night vision. If a person doesn't get enough Vitamin A from orange colored foods - like carrots and sweet potatoes - they can have a difficult time seeing in the dark.
4. Carrots are a spring "root" vegetable. A root vegetable grows underground in the dark, because... well, they're roots. Maybe that's why they help you *see in the dark* with... **Vitamin A**.
5. Carrots and other colorful vegetables are packed with vitamin A and other super special nutrients called *phyto*-nutrients. Eating carrots with *phytonutrients* can help *fight* serious diseases - like heart disease.

## Peas (Thiamin/B1 & Protein)



1. Our vegetable *Harvest of the Month* is the pea, which grows in a pod. Peas and beans that grow in pods are called legumes. Legumes are a good source of protein for energy and strength.
2. Little green peas are a good source of a B vitamin called **Thiamin**. Thiamin is very important for a healthy nervous system, a system of electrical cables running all through your body, that send signals to your brain, so you can feel... see... hear... and move your body!
3. Peas, our vegetable *Harvest of the Month*, are a type of vegetable called a Legume. Legumes count as both a vegetable and a protein food - providing double the goodness for double energy and strength!
4. Small, but mighty, little green peas are packed with a B vitamin called Thiamin. Thiamin works to convert the food you eat into energy; energy to learn, play and perform your very best.
5. Plant-proteins - like peas and beans - are different than animal proteins because they have fiber and *phyto*-nutrients. *Fiber and phytonutrients* help *fight* serious diseases (like cancer). Only plant-foods have fiber and *phytonutrients*.

## Spinach (Vitamin K, phytonutrients)



1. Our vegetable *Harvest of the Month* gave an old cartoon character - *Popeye* - super strength to fight the bad guys. What vegetable is it? Spinach! Green spinach leaves actually do have super nutrients called *phyto*-nutrients that help fight diseases.
2. Spinach is a leafy green. In other words, it's a big green leaf. When you think about it, some of the biggest and strongest animals on the planet get most of their nutrients by eating leaves. Spinach and other leafy greens are superfood for animals - and people too!
3. This month's vegetable *Harvest of the Month* is spinach, the vegetable that gave the cartoon character, *Popeye*, his super strength. In real life, spinach has lots of vitamin K, to help wounds to stop bleeding, and help the healing process to begin.
4. Spinach and other leafy greens (like broccoli) are delicious and super nutritious in soups and salads - even smoothies. Try blending spinach with fruit and ice for a gloriously green smoothy, like the kind *Iron Man* drinks for his super brain power!

**Over for Spring Fruits...**



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