

Mixed Greens

Educator | VermontHarvestoftheMonth.org

Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

Varieties of Greens:



Arugula



Bibb & Butterhead Lettuce



Green Romaine Lettuce



Red Oak Leaf Lettuce



Pac Choy



Pea Shoots



Sunflower Shoots



Spinach

Reading Corner

Elementary School

- » *From Seed to Plant*, by Gail Gibbons
- » *Oliver's Vegetables*, by Vivian French
- » *Plants on My Plate*, by Cathy Smith
- » *The Tiny Seed*, by Eric Carle

Middle School

- » *Green Power: Leaf and Flower Vegetables*, by Meredith Sayles Hughes
- » *Sell What You Sow*, by Erica Gibson

Sources: *High Mowing Seeds*, *The Encyclopedia of Healing Foods*, *The Visual Food Encyclopedia*.

History of Various Greens

There are a wide variety of salad greens available in Vermont, spanning across several plant families, each bearing a unique history.

Arugula is a spicy, mustard-like plant that is currently grown as a “specialty green” in Vermont. It is a member of one of the dominant families in our food system: Brassicaceae; broccoli, kale and rutabagas are also in this family. It is native to Europe and western Asia and was introduced to the United States by the colonists.

Lettuce is a member of the family Asteraceae, along with artichokes, marigolds and sunflowers. It is native to the eastern Mediterranean and boasts over 100 varieties. Thousands of years ago, it was most likely grown for the oil its seeds produced. Christopher Columbus introduced varieties of lettuce to North America during his second voyage in 1493.

Spinach is a member of the family Amaranthaceae, along with beets, chard and quinoa. It is native to Persia and was not introduced to the Greeks and Romans until the Moors brought it to Spain in the 11th century.

Fun Facts

- Arugula is nicknamed “salad rocket”, which is derived from the Latin word *eruca*, meaning caterpillar—this is most likely referring to the hairy stems some varieties possess.
- The word lettuce is derived from the Latin word *lactuca*, which stems from *lactus*, meaning “milk”; this name was designated because of the white resin the stems secrete when they're cut.
- In China, lettuce represents good luck.
- During the Middle Ages, spinach leaves were sold in the form of round balls, called *espinache*.
- Spinach contains more iron by weight than a ham burger.