

# Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

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Featuring:

SPRING  
GREENS



Presented by  
Harford County  
Master  
Gardeners  
and  
Family &  
Consumer  
Sciences  
Educator

## Lemon Parmesan Kale Salad

### Ingredients

10 oz. raw kale leaves  
1/2 cup grated or shaved  
Parmesan cheese  
3 tablespoons lemon juice  
3 tablespoons olive oil  
Salt and pepper to taste

### Directions

Wash kale leaves and dry with a paper towel.  
Cut out the thick ribs of kale; then slice leaves  
into ribbons 1/2 inch wide. Put kale



into a bowl and add the grated  
cheese, and toss. In a small bowl,  
whisk together the lemon juice and  
olive oil. Pour over kale and cheese  
and stir the salad. Let salad sit at  
room temperature for 1 hour.  
Season to taste with salt and  
pepper and serve.

*Nutrition Info per serving (serves 6): Calories  
336; Total Fat 16g; Saturated Fat 9g; Sodium  
521mg; Carbs. 8g; Protein 19g*

## Chicken and Spinach Skillet Pasta

### Ingredients

8 oz. penne pasta  
2 tablespoons olive oil  
1/2 pound chicken cut into  
bite-size pieces  
4 cloves of garlic minced  
1/2 cup low sodium vegetable  
broth  
Juice of one lemon

10 cups chopped fresh spinach  
2 tablespoons grated Parmesan cheese,  
divided  
Salt and pepper to taste

### Directions

Cook pasta according to package directions.



Drain and set aside. Heat oil in a  
large skillet over medium heat. Add  
chicken, salt and pepper; cook until  
done for 5 to 7 minutes. Add garlic  
and cook for 1 minute. Stir in lemon  
juice and simmer. Remove from  
heat and stir in spinach and the  
cooked pasta. Cover and let stand

until the spinach is wilted. Divide into 4  
servings and top each serving with 1  
tablespoon Parmesan.

*Nutrition info per serving (serves 4): Calories  
716; Carbs 25g; Protein 41; Total Fat 31g;  
Saturated Fat 8g; Sodium 420mg.*

## Stir Fried Lettuce

### Ingredients

14 oz. romaine lettuce hearts (about 2)  
1 tablespoon olive oil  
1 tablespoon minced garlic  
1 tablespoon low sodium soy sauce  
1/2 teaspoon granulated sugar  
1/2 teaspoon toasted sesame seeds

### Directions

Trim romaine lettuce and cut into bite-size  
pieces, and pat dry. Place a medium size  
skillet over medium heat for 1 minute and  
swirl in the oil. When the oil is hot, add the  
garlic and toss in the romaine lettuce in



batches, stirring to coat the  
lettuce with oil and then add the  
next batch. This should take 2  
minutes, and the lettuce will have  
begun to wilt. Add soy sauce  
and sugar and stir to coat the  
lettuce well. The lettuce should  
be almost tender but still a little  
crisp. Remove from heat and  
sprinkle with sesame seeds.

*Nutrition Info per serving: Calories 175; Carbs  
11g; Protein 4g; Total Fat, 14g; Saturated Fat  
2g; Sodium 520 mg; Fiber 4g.*



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Recipes courtesy of Harford County Master Gardeners. Images from allrecipes.com and MGs.

## Who said this?

- Feeling blue? Try some greens. - *Anonymous*
- Vibrant salad, vibrant life. - *Anonymous*
- “The greatest wealth is health.” - *Virgil, Roman poet*
- What did the lettuce say to the celery at the salad bar? Lettuce “romaine” friends.
- Where does spinach eat its dinner? At the vege-table.



All of these are factors for a healthy diet. They are light and refreshing and high in vitamins that are responsible for energy levels. While kale has only been trendy for a few years now, we’ve been growing kale since the fourth century B.C. Spinach was first cultivated in Persia (Iran) over 2000 years ago, and lettuce was bred by the Egyptians about 6000 years ago! No matter their history, spring greens are a welcome sight in the garden.

The essence of a good salad is simplicity. Clean, bright flavors that, when brought together, bring out the best in one another.  
- *Chuck Williams, founder of Williams-Sonoma and author of cookbooks*

## Believe It or Not!

1. Greens are packed with protein. One cup of chopped kale contains 3 grams of protein.
2. Eating a large salad supports weight loss by signaling satiety - the satisfied feeling of being full after eating.
3. For kale, be sure to choose the right variety. Tougher curly kale is best for adding to soups or stews. Tender baby kale is best for salads.
4. In the 10 years from 1992-2002, the annual consumption of spinach jumped 66% mostly due to the availability of pre-cut bagged spinach.
5. Popeye, a cartoon, was introduced in 1929, and U.S. spinach growers credited him with a 33% increase in domestic spinach consumption. It was a welcome boost especially during the depression era. Popeye was very strong because he ate spinach every day—that was the message he delivered in each cartoon. For many years, spinach was the third most popular children’s food after turkey and ice cream.
6. The average American eats about 30 lbs. of lettuce a year! That’s a whole lotta salads!



## Health Benefits

Get those greens in however you can! Kale, spinach, and lettuce provide vitamins and minerals necessary for good health. Kale provides Vitamin A (important for eye and bone health) and Vitamin C (aids in chronic disease prevention). Spinach provides Vitamins K, C, A, and E; and therefore, also contributes to good eye health and bone health. Lettuce is an excellent source of Vitamin K which helps strengthen bones. Water makes up over 95% of raw lettuce. As a result, eating lettuce hydrates the body. Because of their high content of antioxidants, green leafy vegetables may be one of the best cancer-preventing foods. Fortunately many leafy greens can be found year-round in the grocery store, and they can easily be incorporated into your meals. Be sure to include a variety of these vegetables in your diet. *Source: healthline.com*



## What are... spring greens?

Spring greens are the foundation of a healthy diet. Kale, spinach, and lettuce are hardy, cool weather crops that can be eaten raw or cooked. These delicious greens are used in salads, soups, pasta dishes, smoothies, omelets and even as pizza toppings. These leafy vegetables are low in calories, fat, and sodium but high in fiber.

Peter Rabbit Garden at the Eden Mill Demonstration Garden. Lettuce, spinach, and kale are featured here along with other greens.



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