



# Harvest of the Month<sup>®</sup>

June

## Health and Learning Success Go Hand-in-Hand

It's proven that students who eat healthy and get at least one hour of activity every day perform better in school and have more energy. Enjoy California's summer bounty with **Harvest of the Month** and explore, taste and learn about how to eat more fruits and vegetables and be physically active every day.

The **Harvest of the Month** featured vegetable is

## salad greens



### Produce Tips

- Look for dark green leaves. Choose lettuce heads that are compact and firm.
- To store greens, wrap them in slightly damp paper towels. Place in the refrigerator in a plastic bag with holes for air. If stored properly, most greens (butterhead and leaf lettuce) will keep for one week. Romaine lettuce can last for about 10 days.
- Rinse lettuce with cold water or soak loose leaves in cool water and stir with your hand to remove dirt. Lay lettuce leaves on a paper towel and gently pat dry.

## CACTUS SALAD

### Ingredients:

(Makes 4 servings at 1½ cups each)

- 1 cup cleaned and finely chopped cactus leaf or 1 (14-ounce) jar cactus, drained and rinsed**
- 1 small white onion, sliced**
- 1 serrano chile, finely chopped**
- 3 tablespoons cider vinegar**
- 1 head romaine lettuce, shredded**
- 1 tomato, finely chopped**
- 2 radishes, thinly sliced**
- 2 tablespoons chopped fresh cilantro**
- Mozzarella cheese, shredded (optional)**

1. In a medium bowl, mix cactus, onion, chile and vinegar. Let stand 15 to 30 minutes.
2. Place lettuce on a platter or large bowl.
3. Top with marinated cactus mixture, tomato, radishes, cilantro and cheese topping. Serve immediately.

Adapted from: *Healthy Latino Recipes Made With Love, California Latino 5 a Day Campaign, 2004.*

### Let's Get Physical!

- You are a role model. It is important that your child sees you stay active and healthy.
- Go for a morning or evening jog. Have your child ride next to you on a bike.
- Teach your child one of your favorite childhood games.

For more physical activity ideas, visit:  
[www.kidnetic.com](http://www.kidnetic.com) ♦ [www.verbnow.com](http://www.verbnow.com)

## Nutrition Facts

Serving Size: 2 cups, green leaf  
(72g)

### Amount per Serving

**Calories 10** Calories from Fat 0

% Daily Value

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 20mg **1%**

**Total Carbohydrate** 2g **1%**

Dietary Fiber 1g **4%**

Sugars 0g

**Protein** 1g

Vitamin A 106% Calcium 2%

Vitamin C 22% Iron 4%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

### Healthy Help

- Encourage your child to eat school meals or participate in the Summer Food Service Program. These meals are planned to give students plenty of fruits and vegetables every day. Ask your child's teacher or call the district's main office for more information.
- Bring color to your salads by adding carrot strips, shredded purple cabbage, or even fruit (e.g., oranges, apples, raisins).
- Use 100 percent fruit juice, flavored vinegars and herbs to make lowfat salad dressings. Ask the produce manager at your local store for recipe tips.

### Helping Your Kids Eat Healthy

- Dark lettuce leaves have more nutrients.
- Serve side salads for lunch and dinner.
- Add lettuce to sandwiches.
- Try different types of salad greens to find out which kinds of lettuce your child likes most.
- Ask your child to "invent" their own salad. Let them pick out the vegetables and other toppings they want to use.

For more ideas, visit:

[www.harvestofthemoth.com](http://www.harvestofthemoth.com)  
[www.leafy-greens.org](http://www.leafy-greens.org)

