

EAT FRESH. LIVE BETTER.

## HARVEST OF THE MONTH:

# Collard, Mustard & Turnip Greens

[www.qualitycareforchildren.org/farm-to-ece](http://www.qualitycareforchildren.org/farm-to-ece)



### WHY ARE GREENS IMPORTANT?

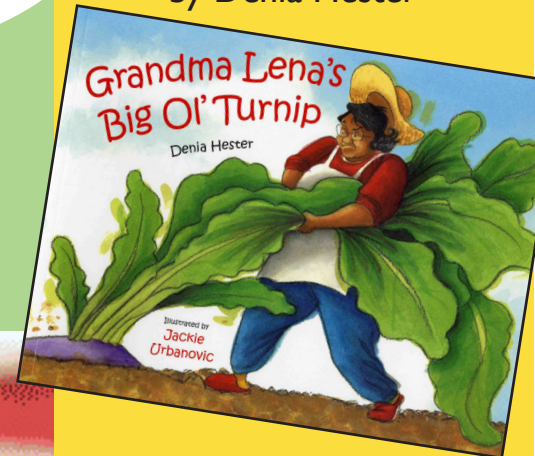
Dark green leafy vegetables are good sources of fiber and many vitamins (such as vitamins A, C, and K and folate) and minerals (such as iron and calcium).

### MAKE IT! GEORGIA GROWN BBQ COLLARD GREENS



### READ IT!

Grandma Lena's  
Big Ol' Turnip  
by Denia Hester



Grandma Lena takes good care of the turnips she plants in her garden. One turnip grows so big that Grandma can't pull it out of the ground! Even when Grandpa, Uncle Izzy, and the dog help Grandma yank and tug, the big ol' turnip doesn't budge.

Buy this book here:  
<https://amzn.to/2MDg7lz>

Want more books to read? Look at our monthly book list:  
[www.qualitycareforchildren.com/homgreens](http://www.qualitycareforchildren.com/homgreens)



Watch the How-To Video

[www.youtube.com/watch?v=lcmbq-T1SVw](http://www.youtube.com/watch?v=lcmbq-T1SVw)

