



**FRESH
RIGHT
NOW**



BANTAM ACRES FARM

21 REYNOLDS RD.
TAMAQUA, PA 18252
610-927-7840

BECHDOLT ORCHARDS

2209 LEITHSVILLE RD.
HELLERTOWN, PA 18055
610-838-8522

BLEILER'S PRODUCE PATCH

1931 INDEPENDENT RD.
BREINIGSVILLE, PA 18031
610-360-5592

CLEAR SPRING FARM, LLC

206 GARR RD.
EASTON, PA 18040
610-258-5050

COVERED BRIDGE FARM

65 COVERED BRIDGE RD.
NORTHAMPTON, PA 18067
610-261-0261

CROOKED ROW FARM

3245 RTE. 309
OREFIELD, PA 18069
484-773-6559

EPIC ACRE FARM

178 FIVE PTS RD.
MERTZTOWN, PA 19539
484-695-6469

HUMMING HILLS FARM, LLC

50 LAKE RD.
HAMBURG, PA 19526
484-509-1339

HUNTER HILL CSA

901 FROST HOLLOW RD.
EASTON, PA 18040
484-788-4634

**JUNIPERDALE FARM
& PRODUCE CRIB**

1015 BROWNTOWN RD.
NAZARETH, PA 18064
610-217-7203

LYON CREEK FARM

3502 BLACKSMITH RD.
NEW TRIPOLI, PA 18066
610-390-1641

MONOCACY FARM PROJECT

395 BRIDAL PATH RD.
BETHLEHEM, PA 18017
610-867-8494

**MY LITTLE FARM STAND @
HONEYSUCKLE HILL, LLC**

800 BERGER RD.
WILLIAMS TOWNSHIP, PA 18042
484-547-8968 OR 484-541-8872

OLEY VALLEY ORGANICS

516 OYSTERDALE RD.
OLEY, PA 19547
484-336-9980

PATRIOT FARMS, LLC

130 MOUNTAIN RD.
LENHARTSVILLE, PA 19534
484-542-4553

RED CAT FARM

6113 MEMORIAL RD.
GERMANSVILLE, PA 18053
610-767-2519

RODALE INSTITUTE

611 SIEGFRIEDALE RD.
KUTZTOWN, PA 19530
610-683-1439

SALVATERRA'S GARDENS

9044 MOUNTAIN RD.
ALBURTIS, PA 18011
610-682-0542

SUYUNDALLA FARMS

1848 CLEARVIEW RD.
COPLAY, PA 18037
610-261-9098

TAPROOT FARMS

66 KEMMERER RD.
SHOEMAKERSVILLE, PA 19555
610-657-1927

TERRA FAUNA FARM

8141 VALLEY VIEW RD.
NORTHAMPTON, PA 18067
610-392-6267

THE GOOD FARM, LLC

8112 CHURCH RD.
GERMANSVILLE, PA 18053
484-262-0675

THE SEED FARM

5854 VERA CRUZ RD.
EMMAUS, PA 18049
610-391-9583X16

WILLOW HAVEN FARM

7686 HERBER RD.
NEW TRIPOLI, PA 18066
484-201-8249

WONDER GARDEN

3565 RESERVOIR RD.
HELLERTOWN, PA 18055
484-522-8551

*Visit buylocalglv.org to
see the most updated list!

GREENS VERDURAS DE HOJA

FRESH
RIGHT
NOW

Pictured on front: Spinach

Leafy greens are the perfect nutritious and versatile vegetable to combine with almost any meal. Some offer intense flavors, like collards and mustard greens, and are great as a side while others, like kale and spinach, are great as a base for colorful salads and green smoothies. Many root vegetables like carrots, turnips, beets, and radishes offer a two-for-one deal with their stems serving as greens- so be sure to use them! Greens are typically harvested in early spring and winter.

Health Benefits of Greens:

Leafy green vegetables offer goodness for your body, mind, and overall health. Generally, the darker the green, the more nutrient-rich it is, offering varying amounts of vitamins A, C, and K. Leafy greens are a source of folate, potassium, magnesium, calcium, iron, and dietary fiber. Leafy greens like kale and spinach help prevent cancers and reduce heart problems. They also have antioxidants like beta carotene and lutein which promote healthy eyes and sight. ^[1]

Growing Local Greens:

Greens like cooler temperatures and make a great hearty meal. Many farmers grow greens because of their versatility of use and ability to extend growing seasons and income streams. Most leafy greens are “cut and come again vegetables” because you can harvest some of their leaves and they will keep growing! Greens have a smaller carbon footprint than many other foods and can be grown relatively easily indoors or with a technique called **vertical farming** to save space and resources. With less predictable weather patterns and other climate impacts, growing indoors has become desirable for some farmers.

Some Nutrient-dense PA Leafy Greens:

- | | |
|-------------------|--------------------|
| 1. Kale | 6. Beet Greens |
| 2. Microgreens | 7. Romaine Lettuce |
| 3. Collard Greens | 8. Swiss Chard |
| 4. Spinach | 9. Arugula |
| 5. Cabbage | 10. Bok Choy |

Leafy Greens - Top: Arugula, Center: Swiss Chard, Bottom: Bok Choy ▶



FUN FACTS!

Lettuce is a member of the sunflower family.



- Most of the calories in leafy greens come from proteins.
- In the early 1600s, Africans brought dark green vegetables to North America. Cooked greens are a staple in many African American recipes. ^[2]
- In the 1930s, U.S. spinach growers credited Popeye the Sailor with a 33% increase in domestic spinach consumption. ▶
- Kale becomes sweeter after a frost because it reacts by producing sugars.
- Mustard greens are a great pollinator and when tilled can help to reduce soil-borne pests.



[1] Smith, E. S. (2019, March 12). Leafy greens for health. Penn State Extension. Retrieved January 10, 2023, from <https://extension.psu.edu>
[2] Yan, L. I. (2016, August 13). Dark Green Leafy Vegetables. Agriculture Research Service. Retrieved January 10, 2023, from <https://www.ars.usda.gov>

SMOKY COLLARD GREENS Recipe

Serving size: 4 / Total time: 40 mins

Ingredients:

- 1 large bunch of collard greens, thinly sliced
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 juicy ripe tomatoes, diced
- 2 tablespoons tamari or soy sauce
- 1 teaspoon smoked paprika (or more to taste)

Directions:

- 1. In a large pot, warm oil on medium heat.
- 2. Add the garlic, and sauté on medium-low until it begins to turn golden.
- 3. Stir in the tomatoes, and cook until soft (about 3 minutes).
- 4. Add the chopped collard greens and a sprinkle of sea salt, and stir well. Reduce the heat to low, and cover the greens. Cook until tender, about 30 minutes, or longer depending on your preference.
- 5. Turn off heat, then stir in the soy sauce and smoked paprika. Season to taste adding soy sauce if desired.
- 6. Serve and enjoy!

Store in fridge.

Leafy Greens Storage & Preservation

To store, wrap greens in a damp paper towel, place them in a sealed container, and keep them in the fridge.

Prevent food waste by using every bit of the greens. Freeze extra or desired greens for a nutritious boost in your smoothie or to sauté later.



This flyer, part of Nuture Nature Center's "Fresh Right Now: Advancing Agritourism in the Lehigh Valley through Seasonal Food Education" project, is supported by the 2022-2023 Pennsylvania Agriculture Product Promotion, Education and Export Promotion Matching Grant.