

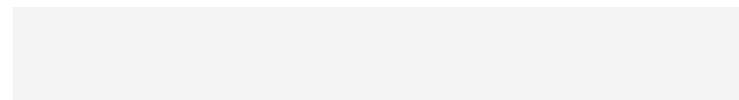


Mixed Greens



Mixed greens such as baby kale, spinach, arugula, and watercress offer a variety of nutrients. Vitamin K, one of those nutrients, helps regulate blood clotting and transport calcium.

Today's mixed greens are from:



Did you know?

Mixed greens come in a variety of flavors, ranging from spicy to mild. In parts of New England, mixed greens are grown year round, using high tunnel systems.

    #Nourished

noharm.org/NourishedbyNewEngland

