

Grocery Store Scavenger Hunt

Explore the produce department for seasonal greens!

Some leafy greens grow better in the winter months. Which are your favorite?

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Winter Greens

- Kale Chard Collards Mustard Greens Beet Greens

Eat hearty winter greens in soups, sauteed, in pasta bakes, in frittatas, and more!
Skip them in salads – winter greens aren't tender like lettuce.

Challenge: List the characteristics that winter greens have in common.
Which of these characteristics might help them survive winter weather?

