

# did you know? Leafy Greens

- ✔ There are three main varieties of cabbage: red, green and savoy, which has crinkly leaves.
- ✔ **Kale is a hearty green and has been cultivated for over 2,000 years.**
- ✔ Americans eat about 30 pounds of lettuce each year and lettuce is the second most popular fresh vegetable.
- ✔ **Iceberg lettuce got its name from the fact that California growers started shipping it covered with heaps of crushed ice in the 1920s. It had previously been called Crisphead lettuce.**
- ✔ Julius Caesar ate a generous serving of collards as an indigestion preventive after attending royal banquets.
- ✔ **Spinach was the preferred green of Catherine de Medici, part of Italian royalty in the 16th century.**

*Source: The Leafy Greens Council*

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