

Harvest of the Month



Sunflower Greens

6,500 students in Western Nevada County will sample Sunflower Greens from Natural Trading Company this month through Sierra Harvest's Farm to School Program!



Founded in 1995, the Natural Trading Company organic farm is located on 40 beautiful acres in Newcastle, CA. They grow a fantastic variety of fruits, vegetables, and herbs including over 5 different types of kale, many kinds of tomatoes, and persimmons on their 50+ year old trees. They also grow year-round, greenhouse-grown wheatgrass, pea shoots, and sunflower greens. NTC offers their harvest at year-round Placer County farmers markets as well as local grocery stores including the Briar Patch Co-op and Sacramento Natural Foods Co-op.

www.naturaltradingco.com

Healthy Serving Tips:

- Sprinkle on top of salads for an extra kick of nutrition
- Add to sandwiches, wraps, or stir fries
- Chefs use microgreens as a beautiful, edible garnish



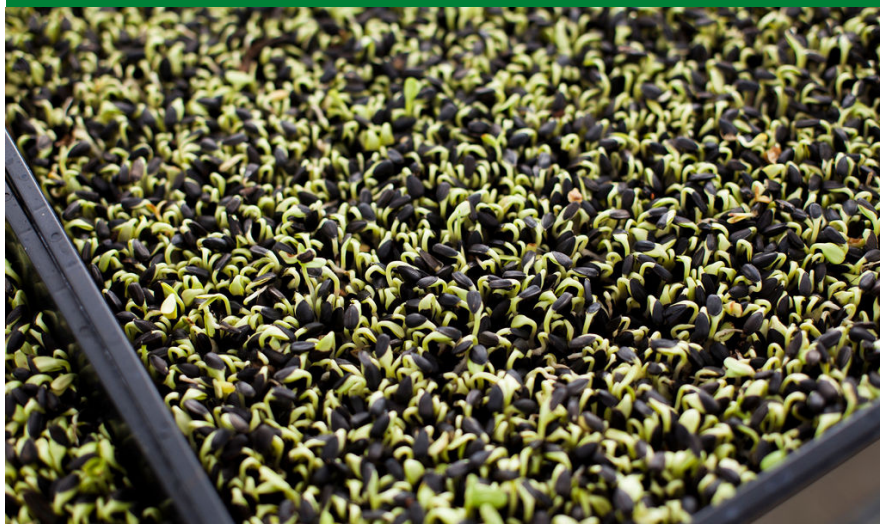
No SPROUT about it... these are some groovy greens!

- Sunflower greens are grown from black oil sunflower seeds and take about 12 days from seed to green.
- They are a storehouse of nutrition including vitamins A, B, C, and E. an incredible amount of potassium, and are high in calcium, magnesium and iron.
- They are full of amino acids – almost 25% of your daily protein in one 1/4-cup serving!
- Because they are germinated, the plant's stored energy is activated, giving you more minerals and vitamins with fewer calories than a dry sunflower seed.



More about sunflowers:

- Sunflowers originate from North America.
- In the 1500's Spanish explorers introduced sunflower seeds to Europe.
- The Latin name for sunflower is Helianthus. This is derived from the Greek word Helios, which means 'sun', and the latin word annuus, which means 'annual'.



March is Women's History Month!

According to the USDA Census of Agriculture, 36% of farmers in the US are women- that's more than 1.2 million female farmers and producers! Globally that percentage is even higher, with women producing more than 50% of the world's food. Let's say a big thank you to all the female farmers out there growing delicious food to fuel our bodies!

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government. USDA is an equal opportunity provider, employer, and lender.

USDA.gov SierraHarvest.org



CalFresh can help your family get access to healthy food. You can use CalFresh benefits at most grocery stores and even farmers markets to buy items such as vegetables, meat, bread, nuts, rice, and more.

www.BenefitsCal.com