

NORTH DAKOTA HARVEST OF THE MONTH

LEAFY GREENS!

LETTUCE ENTERTAIN YOU!



BROCCOLI, WATERCRESS, LETTUCE,
AND MANY OTHER PLANTS ARE

LEAFY GREENS

Leafy greens can help

COMBAT

ACNE

LETTUCE
CAN HELP
YOU STAY

HYDRATED

LEAFY GREENS ARE POPULAR AT

NORTH DAKOTA FARMER'S MARKETS

CABBAGE

is one of the
world's oldest
VEGETABLES



NORTH DAKOTA FARMERS
GROW MANY KINDS OF

LEAFY GREENS

