



# IDEA Child Nutrition Program October 2023 Harvest of the Month Recipe

## Southern Style Mustard Greens



### INGREDIENTS

- 2 pounds of fresh mustard greens (about 2 bunches)
- 4 ounces of diced bacon
- 1 medium onion, diced
- Salt, to taste
- Pepper, to taste
- Optional: pinch of crushed red pepper flakes

***Tip: Serve with cornbread for a delicious meal!***

### STEPS

1. Wash the mustard greens to ensure all the dirt/grit is no longer there.
2. Chop the mustard greens into large pieces.
3. Note: You can remove the stems, but we left them on.
4. Dice the onion into small pieces and set aside.
5. Dice the bacon into small pieces and set aside.
6. Heat a saute pan over medium heat until hot.
7. Add bacon and cook until bacon is crispy and fat is rendered. About 5-7 minutes.
8. Add the diced onion and cook until translucent. About 3-4 minutes.
9. Add the crushed red pepper and black pepper. Stir.
10. Add the mustard greens and cook until wilted. About 3-4 minutes.
11. Remove from heat and enjoy!



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## Mustard Greens

### VARIETIES

#### Southern Giant Curled



Considered to be the standard mustard green of the Southern U.S. It's usually braised with onions and ham, bacon or other smoked meats.

#### Mizuna



This variety is commonly used in Japanese cuisine. It has lacy leaves, with a mild, peppery flavor. Try it pickled, or in soups and stews.

#### Garnet Giant



This variety has large, deep maroon leaves. It can grow to be very large, but the greens are often harvested in the baby stage for a subtle flavor.

### Mustard Greens FAST FACTS

Mustard Greens are part of the Brassica family that includes kale, collard greens, broccoli and cauliflower.

The mustard condiment is made from the seed pods of the mustard plant. The new leaves are tender and mild in flavor. Older leaves are bitter and tougher but delicious when cooked.



Mustard greens can be eaten raw or cooked, however, they usually boiled, steamed stir-fried or pickled.

Mustard greens can grow in a variety of climates! This makes them popular in Indian, Chinese and Japanese cooking.

### IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2023-2024 school year.



IDEA Elsa  
IDEA Edgemere  
IDEA Donna  
IDEA Bridge

IDEA Rundberg  
IDEA San Benito  
IDEA Monterrey Park  
IDEA Burke

IDEA Eastside  
IDEA Quest  
IDEA Horizon Vista  
IDEA Achieve

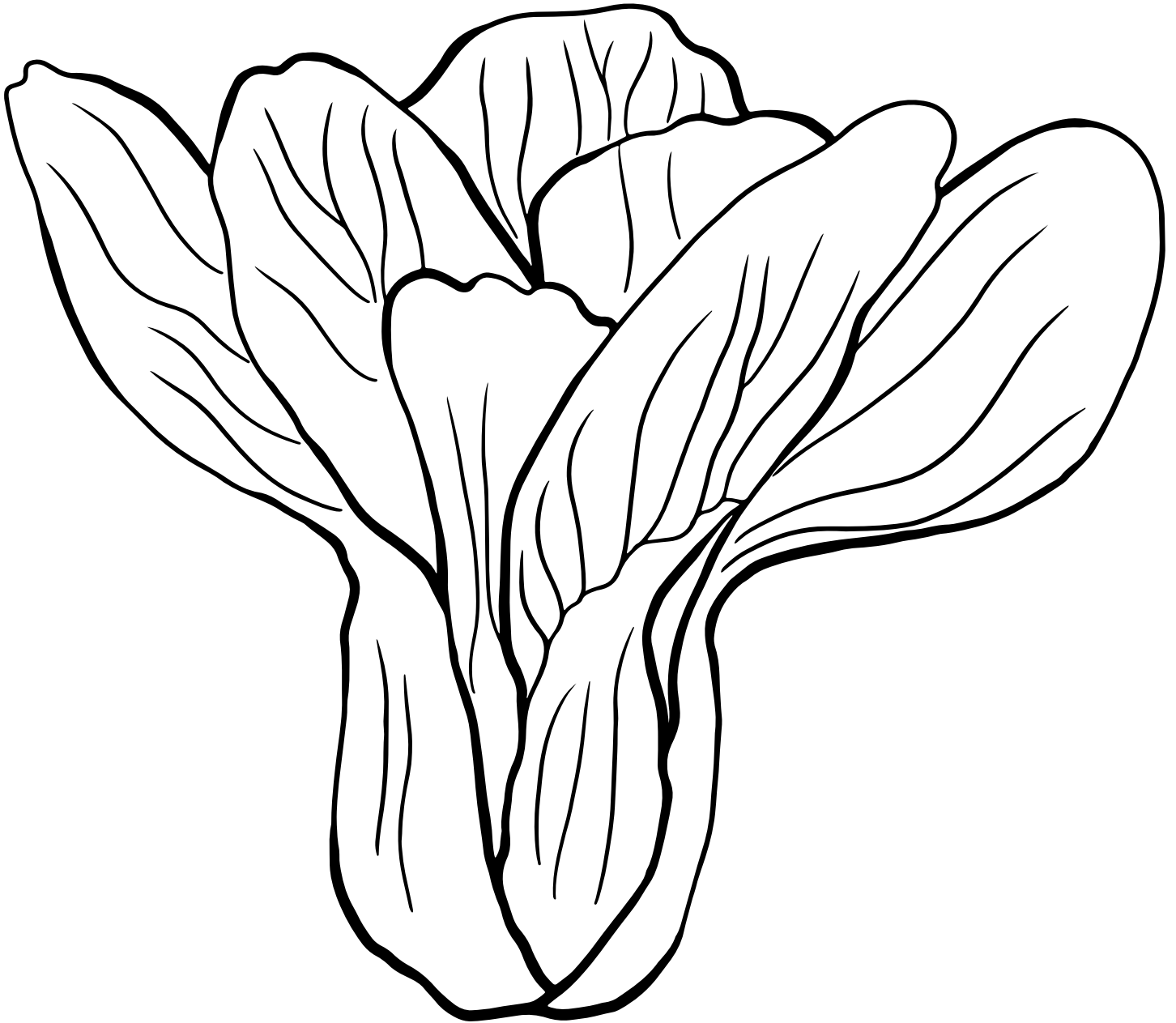


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## Coloring Activity



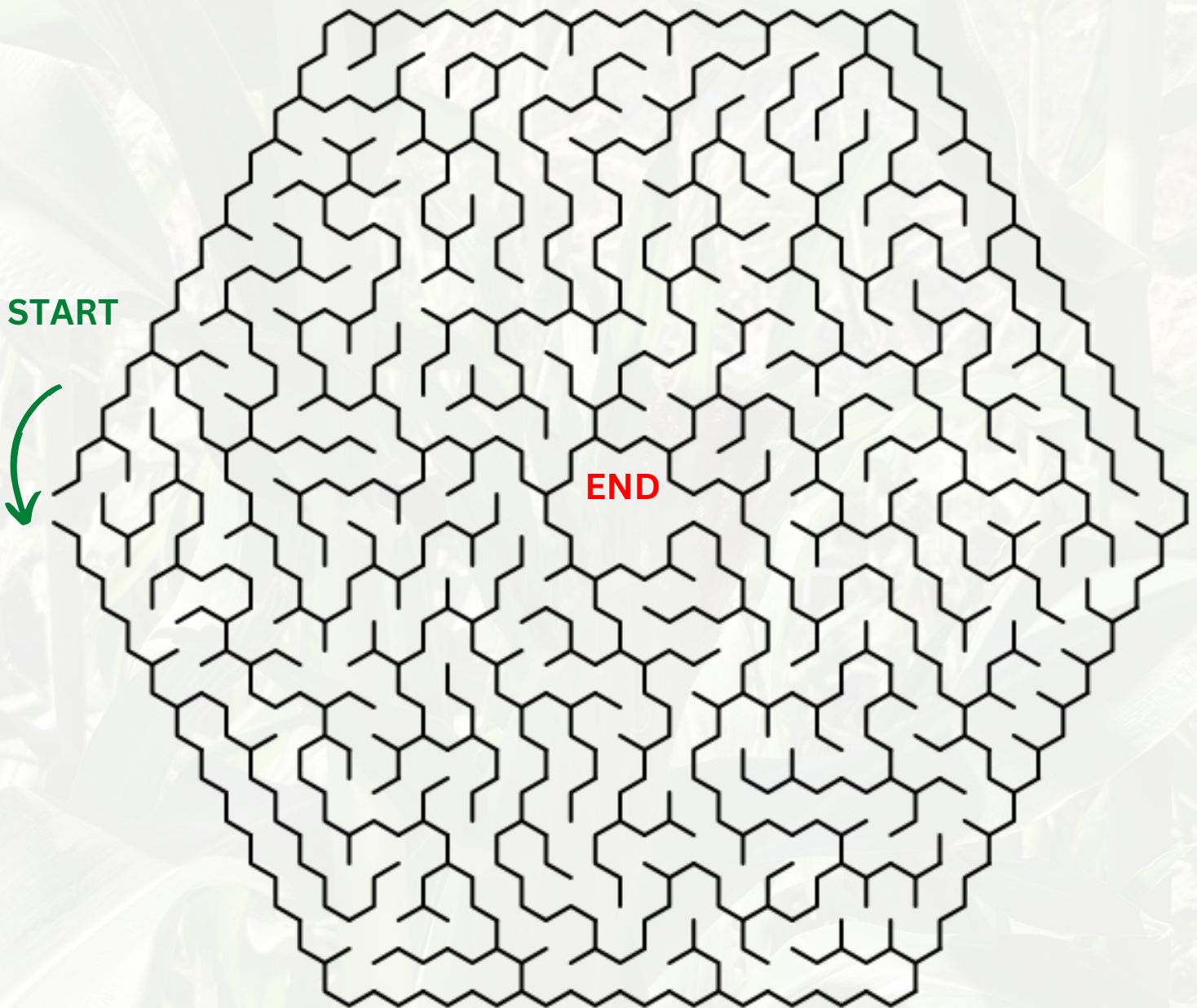
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# IDEA Child Nutrition Program October 2023 Harvest of the Month

## Maze

Directions:  
Find your way to the end of the Maze!





# IDEA Child Nutrition Program October 2023 Harvest of the Month

## Word Search

### Directions:

- Find the Mustard Greens related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

MUSTARD  
GREENS  
SEEDS  
HARVEST

OCTOBER  
FALL  
TASTY  
NUTRITIOUS

LEAFY  
BRASSICA  
FIBER  
MICRONUTRIENTS

S	L	U	C	J	L	G	B	F	T	S	Q	A	N	S	A	T	O	U	Y
W	N	O	C	T	O	B	E	R	A	G	B	U	G	D	S	E	V	B	K
A	S	E	D	R	A	T	S	U	M	L	T	S	M	E	W	C	E	R	F
U	C	Q	E	Y	Y	F	P	H	M	R	L	S	V	E	Y	F	A	E	L
C	T	I	G	R	F	K	I	T	I	X	V	R	S	S	H	N	G	B	G
Z	A	L	S	I	G	P	R	T	N	H	A	E	W	X	G	Q	O	I	P
U	S	J	T	S	L	R	I	N	D	H	O	R	M	C	N	H	D	F	J
Q	T	W	X	W	A	O	I	I	W	G	W	L	V	U	V	J	D	D	Q
W	Y	F	S	G	U	R	E	C	V	W	M	W	H	A	G	N	P	R	E
W	B	C	Y	S	O	C	B	C	S	G	A	J	L	X	M	V	Y	O	Y
M	I	C	R	O	N	U	T	R	I	E	N	T	S	R	G	A	L	O	C
L	E	M	C	M	Y	D	N	S	I	S	G	M	T	A	D	J	Z	C	P





# IDEA Child Nutrition Program October 2023 Harvest of the Month

## Word Scramble

Directions:  
Unscramble the Mustard Greens Related Words!

### Scrambled Word

### Unscrambled Word

1. UDTMSAR
2. ERGENS
3. SEDES
4. HVERTSA
5. CEOBTRO
6. LLFA
7. AYSTT
8. TINUORSUIT
9. EALYF
10. ISBAACSR
11. IBEFR
12. TROITISMECNURN

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#### ANSWER KEY

1. MUSTARD  
2. GREENS  
3. SEEDS  
4. HARVEST  
5. OCTOBER  
6. FALL  
7. TASTY  
8. NUTRITIOUS  
9. LEAFY  
10. BRASSICA  
11. FIBER  
12. MICRONUTRIENTS



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