

**June 2025**

**Your School Name/Logo**

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 2Write Here | 3Write Here | 4Write Here | 5Write Here | 6Write Here |
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**Leafy Greens** are this month’s Harvest of the Month. Did you know…

* Leafy greens are in the vegetable food group.
* The average American eats about 30 pounds of lettuce every year. That’s about five times more than in the early 1900s.
* Most varieties that can be used for cooking, such as collards, kale, mustard greens, turnip greens, and bok choy, are part of the cabbage family

(Brassica).

To learn more about Montana Harvest of the Month visit:

https://mtharvestofthemonth.org/