



# January

Have you ever heard people say you should “eat your greens” around New Year’s Day to provide good luck for the year? What do you think they mean by that saying?



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## Would you rather:

collard greens  
**OR**  
mustard greens

# ?



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Many people think of collard greens when greens are mentioned but Georgia is also known for turnip and mustard greens. Do you know the differences between all 3 types?



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Did you know greens are sweeter after they are exposed to colder weather? Any guesses why?



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Greens are considered nutrient powerhouses.

What do you think that means?



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Do you know how greens grow? Greens grow above the ground as leaves. If you harvest these leaves from the outside of the plant, the center leaves will continue to grow until you need them.

