

All about B.C.

Leafy Greens

Plants with leaves that you can eat are known as **leafy greens**, and they include vegetables like lettuce, arugula, spinach, cabbage, and kale.

Did you know? The word “**lettuce**” comes from the Latin word **lactis**, meaning milk – because the juice from lettuce is milky-white!

Most leafy greens are made up of over **90% water**. You can eat and hydrate at the same time!



Most of B.C.'s leafy greens are grown commercially in the **Lower Fraser Valley**, the **Okanagan**, and on **Vancouver Island**. Each year B.C. grows over 77 million kg of lettuce and about 5 million kg of spinach!

Farmers plant lettuce again and again—from **early spring** to **late fall**—so there's always fresh lettuce to pick! Lettuce can even grow **indoors** using UV lights instead of sunshine, and in water instead of soil!



Farmer Danielle and her team produce around **four million kg** of baby leafy greens per year, including spinach.

Did you know? Spinach can freeze solid and still be good to harvest. Spinach that freezes in the fields often tastes sweeter!



“The part I like about farming is that I can take the information scientists are giving us and actually apply it in real life. I want to be the person that **enacts the change**. I want to see that what I'm doing has an impact. I'm very passionate about **sustainable agriculture**.”

– Danielle, Leafy Greens Farmer, Coldstream, B.C.



Farmer Danielle lives in Coldstream, where the Syeelhwh people and the Secwépemc people speak **nsyilxcən**.

In nsyilxcən the word for lettuce is **packt̓**.

Coldstream rests upon the homelands and unceded territory of the Syilx Okanagan (Syeelhwh) Nation and the Secwepemcúl'ecw (Secwépemc) Nation.



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