**Presentation Activity Suggestion**

**Provide examples of lesser known cabbage family members (kohlrabi, arugula, bok choy, collards, kale, mustard greens, Swiss chard, watercress) to see and taste (also include at least one method of preparation or dish using each one)**

Kohlrabi – rich in Vitamins C and potassium / taste similar to a broccoli stem or cabbage heart / can be eaten raw or cooked

Arugula – rich in Vitamins A and K, and potassium/ rich peppery taste / generally used in salads

Bok Choy – rich in Vitamins A and C, and calcium/ tastes slightly bitter if raw and sweet when cooked / most often prepared by steaming

Collards (or collard greens) – rich in Vitamins A, K, and C / staple of southern US cuisine / often cooked with pork / sometimes used raw in salads mixed with other greens

Kale – rich in Vitamins K, A, and C / described as having a tangy, bitter flavor / often used raw in salads / also used in soups and cooked vegetable dishes

Mustard greens – rich in Vitamins K, A, and C as well as calcium / have a pungent peppery flavor (mustard) / used much like collards in cooking

Swiss chard – rich in Vitamins K, A, and C / young chard is used raw in salads / mature chard is more often cooked (sautéed) / taste is similar to that of spinach (both cooked and raw)

Watercress – rich in Vitamins K, C, and A / often used raw in mixed green salads / has a hot, spicy taste / less spicy when cooked (steamed) / Watercress soup (potatoes/onions/chicken broth)