

EAT YOUR GREENS



Just in time for St. Patrick's Day and National Nutrition Month, find 20 nutrient-rich greens hidden in this puzzle.

ARUGULA	H	W	W	A	T	E	R	C	R	E	S	S	E
BEET	S	S	I	D	A	F	S	P	I	N	A	C	H
BOK CHOY	S	W	B	N	A	D	A	R	U	G	U	L	A
CABBAGE	M	I	O	H	O	N	M	U	S	T	A	R	D
CHICORY	S	S	K	A	L	E	D	E	T	U	C	R	C
COLLARD	E	S	C	A	R	O	L	E	F	R	H	O	U
DANDELION	C	C	H	M	T	A	L	N	L	N	I	M	G
ENDIVE	D	H	O	P	A	Y	P	D	X	I	C	A	E
ESCAROLE	E	A	Y	X	F	C	Y	I	P	P	O	I	V
FRISÉE	Q	R	B	A	V	P	H	V	N	Z	R	N	P
KALE	E	D	E	F	R	I	S	E	E	I	Y	E	Q
LEAFY LETTUCE	L	L	E	V	S	C	O	L	L	A	R	D	H
MACHE	Z	O	T	L	P	C	A	B	B	A	G	E	F
MUSTARD													
RAPINI													
ROMAINE													
SPINACH													
SWISS CHARD													
TURNIP													
WATERCRESS													