

INGREDIENT of the MONTH

Ingredient of the Month Quiz

December 2025 - Leafy Greens

After you read through this month's Ingredient of the Month, take this quiz to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed through the ACF's Online Learning Center. Seventy-five percent accuracy is required to earn one hour of continuing education credits toward professional certification.

- Spinach was first cultivated in which region?**
 - India
 - Persia
 - Rome
 - North Africa
- Leafy greens typically reach maturity within:**
 - 10-20 days
 - 20-30 days
 - 30-60 days
 - 60-90 days
- Which vitamin is found in such high concentrations in kale, collards, and spinach that a single serving often surpasses 100% DV?**
 - Vitamin A
 - Vitamin C
 - Vitamin K
 - Folate
- Lutein, found in leafy greens, plays a role in protecting vision.**
 - True
 - False
- Which salad green features loose, ruffled leaves with a mild flavor?**
 - Leaf lettuce
 - Nappa cabbage
 - Swiss chard
 - Mizuna
- Which specialty green is peppery and known for its high nutrient density?**
 - Radicchio
 - Watercress
 - Endive
 - Purslane
- What does moisture buildup inside a produce bag usually indicate?**
 - Extra freshness
 - Higher nutrient content
 - Proper hydration
 - Age or potential spoilage
- Airtight containers are ideal for storing leafy greens long-term.**
 - True
 - False
- Which leafy greens are commonly blended into smoothies for nutrient-dense beverages?**
 - Radicchio and endive
 - Collards and cabbage
 - Spinach and kale
 - Mustard and beet greens
- Which region in California is known as "The Salad Bowl of the World"?**
 - Napa Valley
 - Hudson Valley
 - Willamette Valley
 - Salinas Valley

