



GREENS

Eat 5 or more servings of fruits and vegetables every day!

FARMERS' MARKET SEASON

May to October

Types of greens: beet, collard, mustard, spinach, Swiss chard.

BUYING TIPS

Choose smaller-leafed plants for tenderness and mild flavor. Oversized leaves are likely to be tough. Do not buy yellowed, browned, or wilted leaves. One pound of fresh greens will cook down to 1 cup, about 2 servings.

STORAGE

Wrap unwashed greens in a damp paper towel and store in a plastic bag in the refrigerator. They are best when eaten within a week. Collards and kale can last up to two weeks. Can be frozen-call your county Extension office for information.

PREPARATION

Wash well in cold water. Remove tough stems and midribs (the part of the stem that extends into the leaf). The thick stems of swiss chard can be eaten. Stronger flavored greens such as collards, turnip greens, and mustard greens can be blanched to mellow their flavor. To blanch, drop them into a pot of boiling water and cook just until wilted. Drain and cool under running water. Squeeze out excess moisture. Continue with cooking process.

KEY NUTRIENTS

Vitamins A for vision, healthy skin, and resistance to infection.

Folate to help prevent "open spine" birth defects and heart disease.

Calcium for strong bones.

Iron for healthy blood.

Vitamin C for healthy gums, skin and blood.

RECIPES

Steamed Greens

Wash greens and drain, remove stems. Bring water (about ¼ cup) to a boil. Add greens. Cook covered until leaves are wilted or tender.

Steamed Greens with Garlic

1 ½ pounds greens
1 tablespoon vegetable oil
1 garlic clove, finely chopped
salt to taste

Wash and steam greens until tender. (See recipe above.) In a serving bowl combine oil, garlic, steamed greens, and salt. Toss and serve warm.

Sautéed Seasoned Greens

1 bunch collard greens, about ¾ pound, rinsed, stems removed and coarsely shredded
1/3 medium head cabbage, coarsely shredded
2 tablespoons olive oil
1 clove garlic, minced
1 medium onion, cut into quarters and sliced
1 to 2 teaspoons vinegar (optional)

In a large saucepan, boil 3 quarts of water. Add collard greens, return to a boil and cook 3 to 4 minutes, or until greens are tender but still crisp. With a slotted-spoon, remove greens, leaving the water in the pan. Place greens in a colander or large strainer and set aside. Return water to a boil, add cabbage and cook 1 minute. Pour into a colander and let drain. Set aside.

In a large skillet, heat olive oil over medium-low setting. Cook garlic and onions in oil 3 to 4 minutes, or until tender-crisp. Add greens and cabbage, and cook 2 to 3 minutes, stirring occasionally. Add vinegar. Toss and serve immediately.

Serves 6, ½ cup per serving.

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