

WHAT'S FRESH

Leafy Greens

Hearty greens like collards, kale, Swiss chard, mustards, turnips and spinach are packed with Vitamins A, C, & K, calcium, iron and fiber. They vary in texture, flavor and cook time but you can prepare them all in similar ways.

Ways to eat leafy greens:

How to prepare leafy greens:

Start with clean greens. Dunk the leaves in water to rinse off all the dirt - you may need to do this more than once. Shake then pat dry. If cooking slow keep the tough stems.



1. Cut out the tough stems

Fold the leaves in half along the stems. Cut along the side of the stem. You can leave the thinner section of stem near the top.



3. Roll into a log

Stack the leaves on top of each other and roll into a log shape.



2. OR Rip out the tough stems

Do this while washing to save time. With one hand, grip the end of the stem and grip your other hand around the bottom edge of the leaves, then pull the leaves down and off the stem.



4. Cut into ribbons

Slice the log into ribbons of your desired thickness. If you want shorter ribbons, cut the log in half long ways then cut into ribbons.

Make a salad or slaw (thinly sliced):

To eat raw, soften the leaves with a dressing that has a vinegar, lemon or lime base. Try mixing 1 part lemon juice & 1 part olive oil. "Massage" the dressing into the leaves by squeezing them by the handful to rub in the dressing.

Make a "lettuce wrap": Cut out the tough stem 1/3 of the way up the leaf from the bottom. In a shallow frying pan, bring 2 inches of water to a boil. Dip the trimmed leaf into the boiling water for 30 seconds - it will turn bright green. Move the leaf to a bowl of ice water to stop the cooking. Dry well. Use this leaf as a tortilla with your favorite wrap filling like tuna salad or sliced turkey and cheese.

Add to eggs: Like omelets, scrambled, or a frittata. Saute chopped greens until they wilt before you add the eggs. Try topped with diced tomatoes and shredded cheese.

Add to soups, stews, pasta & stir-fry: Add stems at the beginning of cooking and leaves towards the end. Cook until the greens turn bright green - it doesn't take as long as you might think!

Saute it: Heat 2 Tablespoons of oil in a pan over medium high heat. Add chopped onion and minced garlic and cook for 2 minutes. Add stems and cook for 5 minutes, stir frequently. Add greens and cook for 4-6 minutes, or until wilted and tender but brightly colored. Season with 1/4 teaspoon salt and pepper, a pinch of red pepper flakes and a splash of vinegar or lemon juice.

Quick Tips:

- Choose greens that are fresh, crisp with no yellow or slimy leaves (if you find them with some bad parts, pick them out and rinse the whole bunch before you store)

- Wash greens, roll them in a clean hand towel or store in an unsealed plastic bag with a damp paper towel to extend freshness up to 7 days.

- Greens gone soft? Chop off the bottom 1-2 inches of the stems and soak the whole bunch in ice cold water for a couple of hours or overnight.

- When cooking greens low and slow you can lose some nutrients. A lot of them go into the cooking liquid, so save the cooking liquid! Also known as "potlikker"!

- Saute, eat raw, steam, or microwave steam to retain more nutrients than boiling for a long period of time.



SERVES
4

Dark Greens Coleslaw

DIRECTIONS:

1. In a small bowl or measuring cup, add vinegar, oil, salt and (optional) sugar or honey. Mix.
2. Pour the dressing over the bowl of chopped leaves and mix until everything is coated.
3. Using your hands, massage the greens by squeezing them by the handful for 1-2 minutes.
4. Add the apples, carrots, onions and cranberries to the greens. Mix well.
5. Chill before serving.

Ingredients

Greens - 1 bunch,
[stems removed, thinly sliced]
Salt - 1/4 teaspoon
Vinegar* - 2 tablespoons
Cooking Oil - 1/4 cup
Apple - 1 medium, grated
Carrots - 4, grated
Red Onion - 1/2 cup, chopped
Dried Cranberries - 1/4 cup
Sugar/Honey - 1 tablespoon
[optional]

Massage the greens if they are cut in bigger chunks or you plan to eat the salad very soon.

If greens are thinly sliced and you plan to serve the slaw in a few hours or the next day, you do not need to massage the greens. The salad dressing with vinegar or lemon will soften the greens without massaging.

If using collard greens, wait to eat the salad the next day because they need the most time to soften - but delicious!

***White, apple cider, white wine, red wine, and rice vinegar taste great in this recipe.**



SERVES
6

Potato & Greens Soup

DIRECTIONS:

1. Heat oil in a large pot over medium high heat. When hot add onions, carrots, peppers and garlic. Saute for 8 minutes.
2. Add potatoes, greens and stems, beans, broth and water. Bring to a boil then cover and reduce the heat to simmer for 20-30 minutes. Season to taste.
3. **(Optional)** For a creamier soup, puree half of the soup in a blender (in small batches) and mix back into the soup. Or mash 1 can of beans before mixing into the soup in step 2.

Ingredients

Greens - 1 bunch,
[stems removed, cut in ribbons]
Potatoes - 6 cups, cubed
Carrots - 3, chopped
Bell Pepper - 1, chopped
Cooking Oil - 2 tablespoons
Garlic - 4 cloves, minced
Yellow Onion - 1 large, chopped
White Beans - 1-2 cans, drained
Vegetable/Chicken Broth -
4 cups, 4 cups water

Use any type of dark leafy greens: collards, kale, swiss chard, mustard, turnip, spinach, etc.

Mix in a jar of tomato sauce or a can of diced tomatoes for extra flavor.

Easily add ground beef, turkey or sausage for an extra layer of protein and flavor. Brown the meat, remove and then saute the veggies. Add the meat in Step 2.

**Add herbs and spices to your taste - try different seasonings every time.
Try: Italian seasoning Curry/Chili powder + cumin Cajun seasoning**