

# GREENS



Greens are in season from May through October.

## Tips for selecting greens

Types of greens include beet, collard, mustard, spinach, and swiss chard. Choose greens with smaller leaves for tenderness and mild flavor. Oversized leaves may be tough. Do not choose yellowed, browned, or wilted leaves. One pound of fresh greens will cook down to 1 cup, or about 2 servings.

## Storage

Wrap unwashed greens in a damp paper towel and store in a plastic bag in the refrigerator. Use within one week. Collard and kale can last up to two weeks.

## Preparation

Wash well in cold water. Remove tough midribs (the thick, central veins). The thick stems of swiss chard can be eaten. Strong-flavored greens such as collard, turnip, and mustard greens can be blanched to mellow the flavor. To blanch, drop greens into boiling water and cook just until wilted. Drain and cool under running water. Continue with cooking by boiling with fresh water or stir frying.

## Key nutrients

- Calcium for strong bones
- Folate to help prevent birth defects and reduce the risk of heart disease
- Iron for healthy blood
- Vitamin A for vision, healthy skin, and resistance to infection
- Vitamin C for healthy gums, skin, and blood

## Recipes

### Steamed greens with garlic

- 1½ pounds greens
- 1 tablespoon vegetable oil
- 1 garlic clove, finely chopped
- Salt to taste

Wash and steam greens until tender. In a serving bowl, combine oil, garlic, steamed greens, and salt. Toss and serve warm. Serves 4; 85 Cal; 4 g fat.

### Sautéed seasoned greens

- 1 bunch collard greens (about ¾ pound), rinsed with stems removed and coarsely shredded
- ½ 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)

Boil 3 quarts of water in a large saucepan. Add collard greens, return to boil, and cook 3 to 4 minutes or until greens are tender but still crisp. Remove greens with a slotted spoon, leaving the water in the pan. Place greens in a colander or strainer and set aside.

Return water to a boil, add cabbage, and cook 1 minute. Pour into a colander and drain. Set aside. In a large skillet, heat olive oil over medium-low heat. Cook garlic and onions in oil for 3 to 4 minutes or until tender-crisp. Add greens and cabbage. Cook 2 to 3 minutes, stirring occasionally. Add vinegar. Toss and serve immediately. Serves 6 (½ cup per serving); 70 Cal; 5 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office ([counties.extension.wisc.edu](http://counties.extension.wisc.edu)) or from Extension Publishing ([learningstore.extension.wisc.edu](http://learningstore.extension.wisc.edu)).

Healthy Seasonal Produce: Greens (B4166-16)

R-03-2019