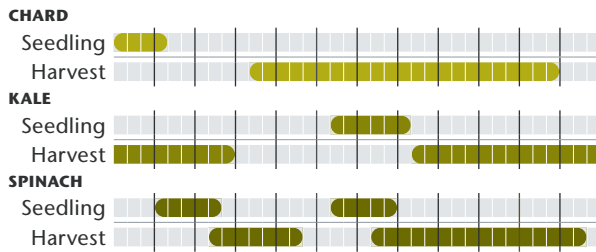


## All About Greens

### Seasonal Crop Growth

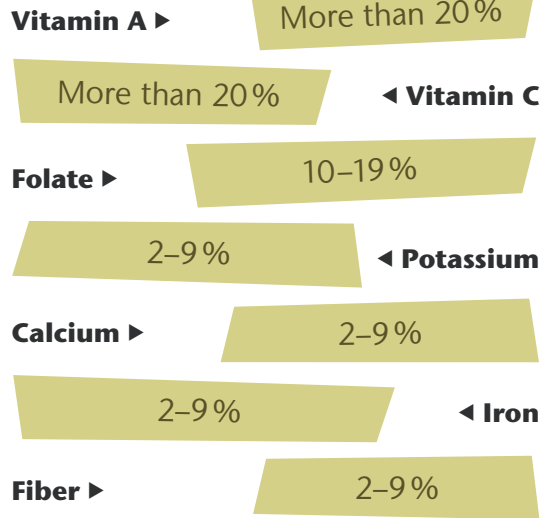
MAR APR MAY JUN JUL AUG SEP OCT NOV DEC JAN FEB



Adapted from WSU Extension Publication EM057E.

### Nutrient Power Pack

Hardy greens contain key nutrients that benefit your health. ½ cup provides the following Daily Value (%DV).



ESHA Food Processor 11.2.23; database V 11.2.0 (2016);  
FDA Guidance for Industry Food Labeling Guide (2013)

### Did You Know?

- \* Chard is from the **same family** as beets, but puts all of its energy into growing leaves. Try the leaves from both plants and **taste the similarity**.
- \* Eating hardy greens contributes to **healthy eyes, bones and teeth**.

Distributed by

More brochures to help you add fruits and vegetables to your diet are available at [wasnap-ed.org/FFF](http://wasnap-ed.org/FFF).



## SNAP-Ed

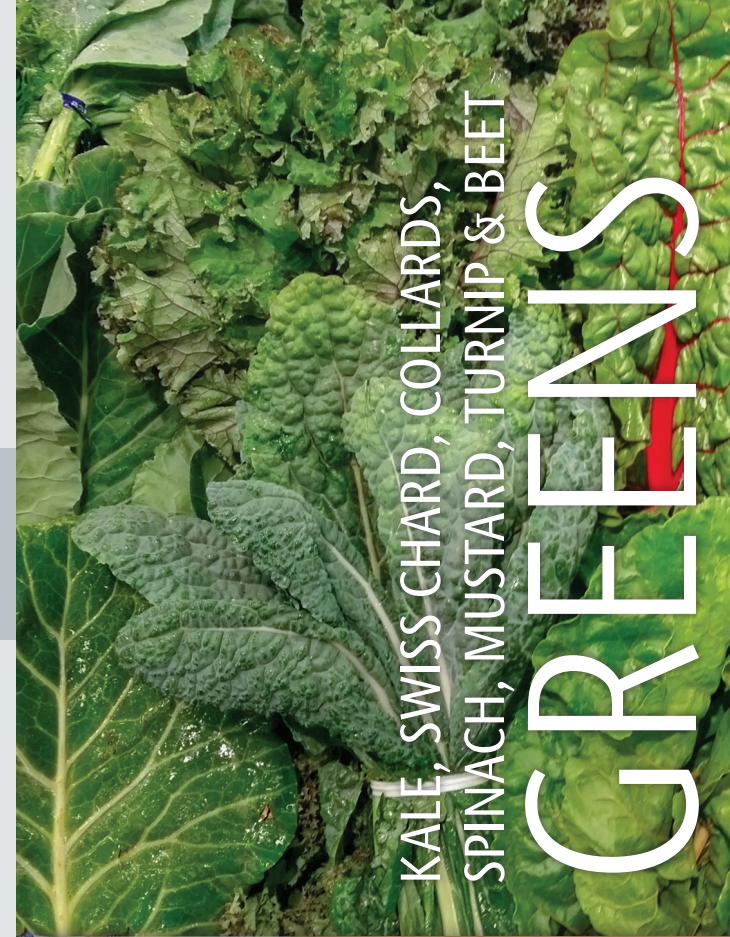
WASHINGTON STATE UNIVERSITY  
EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack. Cover photo by Kathleen Manenica.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

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Rev. March 22, 2018



KALE, SWISS CHARD, COLLARDS,  
SPINACH, MUSTARD, TURNIP & BEET

# GREENS



## Selecting and Preparing Greens

- Choose crisp leaves with a nice green color. Avoid yellowed, browned or wilted leaves. Smaller leaves will have a milder flavor and will be more tender.
- Refrigerate unwashed greens in a plastic bag with a damp paper towel. Best if used within one week.
- Wash well in cold water and remove tough stems before cooking. Swiss chard stems are edible, but must cook longer than leaves.
- To steam greens, add a small amount of water at the bottom of a pot and cook for 5 to 10 minutes.
- One pound of fresh greens will cook down to about 1 cup (2 servings).
- Mellow strongly flavored greens like collards, turnip, beet or mustard greens by dropping them in a pot of boiling water and cooking until just wilted. Cool under running water to stop cooking.
- Try raw spinach or young greens in salad.



## Garlicy Greens

Makes 2 servings

- 2 teaspoons oil
- 2 cups dark, leafy greens (any type)
- 1 clove fresh garlic, minced
- 2 tablespoons water
- Salt and pepper, to taste

- 1 Wash greens well, remove tough stems and chop.
- 2 In a skillet, heat oil on MEDIUM heat.
- 3 Add greens and garlic. Stir and cook for 1 minute.
- 4 Add water, cover and cook over MEDIUM heat for 5 to 8 minutes, stirring frequently. Remove from heat and serve.

**Microwave:** Combine all ingredients in a microwavable dish. Cover and cook for 3 to 5 minutes.

## Spinach & Rice Casserole

Makes 2-3 servings

- ½ cup chopped onion
- 1 clove garlic, minced
- 1 ½ tablespoons vegetable oil
- 1 pound fresh spinach, chopped
- 2 eggs, beaten
- 2 cups cooked brown or white rice
- ½ cup low-fat milk
- ¾ cup shredded cheese
- 1 tablespoon light soy sauce

- 1 Pre-heat oven to 350°F.
- 2 Add vegetable oil to a pan and sauté onions and garlic over medium heat.
- 3 When onions are soft, add spinach or greens. Cook for 2 minutes.
- 4 Add remaining ingredients and mix well.
- 5 Spread mixture evenly in a greased casserole dish. Cover with a lid and bake for 35 minutes.

## Skillet Roasted Potatoes & Greens

Makes 4-5 servings

- 4 medium potatoes
- 1 cup tender greens, chopped
- 2 tablespoons vegetable oil
- 1 large clove garlic, minced
- Salt and pepper, to taste
- 2 teaspoons vinegar (optional)

- 1 Pre-heat skillet on MEDIUM-LOW. Wash potatoes and cut into ¼-inch slices. (If using new or gold potatoes, simply cut into small chunks.)
- 2 In a large bowl, mix the potatoes and oil. Add potatoes to skillet, cover skillet and cook for 5 minutes. Stir, and cook for another 5 minutes.
- 3 Turn heat to LOW and add greens and garlic. Cook until greens are done, about 5 to 10 minutes. Remove from heat, and add salt and pepper to taste.
- 4 *Optional* Add vinegar to bring out the flavor of the greens.