

# Greens: Collard, Mustard, Beet, Swiss Chard, Kale, Endive, Butter Lettuce, and more!

Leafy vegetables are packed with fiber, vitamins, minerals, and plant-based substances called phytonutrients that may help protect you from heart disease, diabetes, and maybe even cancer.



**What it is:** Any leafy green. They come in many shapes & colors. Some are tender (lettuce & arugula) and some are firm & crunchy (collard & kale).

**Season:** Greens are hardy vegetables and can be found year-round.

**Health Benefits:** Varies. In general, greens are high in vitamins A, C, and K. Basic rule of thumb: the darker the green color → more nutrients.

**How to Purchase:** When buying fresh, look for full, bright-green leaves. Avoid wilting, yellowing or black leaves. Many varieties can also be found frozen, such as spinach & kale.

**Storage:** First, rinse leaves & de-stem tougher greens like Kale & Collard, then loosely wrap in paper towels (or clean kitchen towels) and store in a Ziploc bag in the refrigerator, or in the produce drawer (coldest place).

**Preparation:** Greens can be eaten fresh as in a salad, or cooked until tender.

- Many greens can be eaten raw. Mix different types together for a fun salad.
- Steam greens in a steamer basket, in a pan or in a microwave-safe bowl with a small amount of water to bring out the flavor.
- Boil tough greens like collard or turnip for 15-20 minutes until tender.

*Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything. Genesis 9:3*

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## Ways to Get More Greens

- Try a different leafy green every time you go to the store. Decide whether you like it better fresh or cooked.
- Use a large, firm leaf such as Boston lettuce or Collard to wrap sandwich fillings in place of bread
- Ask for extra greens on sandwiches
- Order a side salad instead of fries at restaurants
- Chop spinach or arugula and add to a pasta or rice dish
- Use endive leaves as a scoop for dips in place of chips
- Add some radicchio to your salad for some extra color
- Cut a head of romaine lettuce in half and grill lightly on both sides for a few minutes for a warm twist on salad



Arugula



Endive



Romaine



Boston/butter lettuce



Radicchio

**Fun Fact:** While mustard greens sold in the United States are relatively mild in flavor, some mustard green varieties, especially those in Asia, can be as hot as a jalapeno pepper depending on their mustard oil content.

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## Helpful Websites:

### Health benefits

<http://www.webmd.com/diet/healthy-kitchen-11/leafy-greens-rated>

### Shopping, Storage, & Preparation

<http://eatlocal365.com/2011/05/17/how-to-store-your-leafy-greens-to-make-them-last-longer/>

<http://www.rebelhome.net/kpfnv31.html>

<http://plantpoweredkitchen.com/let-them-eat-greens-leafy-greens-tutorial-buy-prepare-cook/>

### Types of Greens

<http://www.epicurious.com/articlesguides/seasonalcooking/farmtotable/visualguidesaladgreens>