

Spring showers not only bring flowers, but beautiful fresh produce from the garden.

March is National Nutrition Month. Celebrate with nutritious delicious GREENS.



# GREENS



The dark leafy vegetables we refer to as “greens” range from earthy to peppery in flavor. **Collard greens, mustard greens, turnip greens, and kale** are often grouped together because of their texture, pronounced flavor, and general uses. They actually come from several vegetable families. In general, these tart greens are cooked before eating. The season for some varieties peak November through March.

## SELECTION

Choose leafy greens with fresh full leaves. Avoid greens that are brown, yellow spotted, wilted, or have slimy leaves.

## USES & PREPARATION

Wash greens before use.

Cut stems from leafy greens before cooking.

Sauté collard greens with garlic, onions, tomatoes, in olive oil.

Simmer greens in low-sodium chicken broth until greens are wilted and tender.

## STORAGE

Store greens in a plastic bag in the refrigerator for two to five days.

## NUTRITION TIPS

A ¼ cup of cooked green is about the size of one cupped handful.

## NUTRITION INFORMATION

Cooked greens are excellent sources of Vitamins A, C, K, and Calcium

## AVAILABLE FRESH

March – June & October – December

# RECIPES

## BEANS AND GREENS

- 1 can white kidney beans or cannellini beans rinsed and drained
- 1 tablespoon olive oil
- ½ cup diced onion
- 2 cloves garlic, minced
- 2 pounds fresh kale, stemmed and chopped into large pieces
- Salt and pepper to taste

Sauté onion and garlic in olive oil. Add greens to the skillet. Sprinkle with 2 tablespoons of water. Cook, tossing often, until greens are bright green and slightly wilted. Remove from heat.

Drain and heat beans and add to green mixture. Toss mixture, season and serve. Serves four; 1 cup serving

## SAVORY GREENS

- 3 cups water
- ¼ pound skinless turkey breast
- ½ cup chopped onions
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds mixed greens (collards, turnips, mustard, and kale)

Place all ingredients except greens into large pot and bring to a boil.

Wash greens and remove stems.

Chop greens into small pieces and add to stock. Cook 20 to 30 minutes until tender. Serves six; 1 cup serving



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