

Leafy greens grow well in Western Washington's cooler climate. Hearty greens, like kale, can even be grown and harvested through winter!

TASTE TIPS

- Dark leafy greens are a nutritional powerhouse! They are a rich source of calcium, magnesium, potassium, iron, beta-carotene, vitamin B-complex, vitamin C, vitamin A, and vitamin K.
- Greens purchased from a farmers market can often be stored in the refrigerator for up to one week.
- If you purchase greens from a grocery store, buy them in smaller amounts. More delicate greens like spinach or lettuce may not keep for more than two or three days.
- When choosing greens, choose crisp dark colored leaves, with no discoloration or wilting.
- Greens are versatile! Serve raw in a salad, add to soup or stew, blend into a smoothie, or add to pasta or grain dishes.
- Mixed greens and lettuces are best eaten raw, while heartier greens like cabbage, kale, beet greens, and collard greens are often cooked, or massaged until tender.
- Be sure to rinse all greens in cold water before eating to ensure that greens are free of dirt and debris.



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WASHINGTON

Leafy Greens

A Handy Guide
for Choosing
and Preparing
Leafy Greens





ROMAINE

Romaine

A crunchy, delicious substitute for iceberg lettuce. Use it in a variety of salads – you can even grill it! **Cooking Tips** Fill large leaves of romaine with raw chopped veggies: carrots, cucumbers, and peppers work well. Add a whole grain, like quinoa or brown rice, and drizzle with your favorite salad dressing, or a peanut sauce. Hold the lettuce like a boat and take a bite!



SWISS CHARD

Swiss Chard

This colorful vegetable is a beautiful addition to any recipe. Both the stems and the leaves of chard can be eaten, so be sure to include both in your meal!

Cooking Tips Sauté ½ a sliced onion in a tbsp of olive oil until slightly browned. Add 1 bunch chopped chard and cook covered, stirring every minute or so, for about 10 minutes or until stems are tender. Season with salt and pepper. Eat as a side dish, or mix in with whole grain pasta or pinto beans and rice for a more complete meal.

Bok Choy (also known as “pac choy”) is a green commonly found in Asian dishes. It is delicious and tender raw, but is also a lovely addition to stir-fry and soups.

Cooking Tips Sauté 1 tbsp each of chopped garlic and ginger in oil for about 1 minute. Add chopped bok choy leaves and 2 cups cooked black beans and cook for 5-8 minutes over medium heat until bok choy is wilted and beans are heated through. Finish with a dash of soy sauce and serve over brown rice.



BOK CHOY

KALE VARIETIES



Kale There are many different varieties of kale, including Lacinato (also known as Tuscan or Dinosaur Kale), Curly Green, Curly Red, and Red Russian. They all look a little different but can be cooked and eaten in the same manner.

Cooking Tips For a delicious fall salad, massage 1 large bunch of chopped and destemmed kale with 1 tbsp of lemon juice and 2 tbsps of olive oil. Add ½ tsp of salt. Massage leaves until kale has shrunk, and is tender. Add cubes of roasted winter squash and toasted pumpkin seeds for extra crunch. Top with cooked lentils or chickpeas.

Collard Greens are a staple in the South, often slow cooked with a ham hock, bacon, or a turkey leg. They also work well in lighter, faster recipes, and are a hearty but mild green. **Cooking Tips** Sauté 1 bunch with a tsp of garlic and add to pasta with a ½ cup of cooked chickpeas. Toss with olive oil, lemon zest, and grated Parmesan for a quick pasta dish.



COLLARD GREENS

Spinach is a mild tasting and tender green and is delicious raw. When cooked, it will wilt beautifully and remain tender without overcooking. It is an excellent addition to green smoothies where its mild vegetable flavor is concealed by the fruit!

Cooking Tips For a tropical smoothie, blend 1-2 cups of spinach, 2 chopped frozen bananas, and ½ cup of orange juice. Add orange juice as needed to achieve desired thickness. Pour into a glass and enjoy!



SPINACH

Beet Greens

Many beets are sold with their green, leafy tops. Keep those beet greens. They are delicious sautéed or in soup and stews. Use it in any recipe containing a hearty green like collard greens, kale, or chard. **Cooking Tips** Sauté 1 tsp of chopped garlic in 1 tbsp of olive oil for 1 minute. Add 1 bunch chopped beet greens and cook until tender. Serve as a side to any meal!



BEEF GREENS

Cabbage Like kale, there are many different varieties of cabbage. Some of the most common are green, red, Savoy, and Napa. Although cabbage can be cooked in many dishes, its crunchy flavor is most delicious in a raw salad or coleslaw.

Cooking Tips Slice cabbage thinly on a mandolin or with a sharp knife and toss 6 cups (about ½ head) with ⅔ cup mayo, 2 tbsps Dijon mustard, and 2 tbsps white wine vinegar. Refrigerate until ready to serve for a summer classic.



CABBAGE