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## Selection

Greens should have fresh, green leaves. Avoid any wilted or yellow leaves.

Select greens which are crisp and have good coloring.

Most greens are available all year long.



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## Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
  - ◆ Keep greens in the vegetable drawer or in a perforated plastic bag to prevent it from drying out.
  - ◆ Wash produce only right before eating or cooking.
  - ◆ Wash produce under running water to remove dirt and debris.
  - ◆ Keep produce and meats away from each other in the refrigerator.
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## Why Buy Local?

- ◆ You are keeping farmers farming, which protects productive farmland from urban sprawl and being developed.
  - ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
  - ◆ Buying local lets you see and meet the people who produce our food.
  - ◆ Local foods taste good!
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### FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension  
100 Polk County Plaza, Suite 190  
Balsam Lake, WI 54810  
(715)485-8600  
<http://polk.uwex.edu>

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## Greens Verdura

## Uses

Greens make excellent and tasty additions to salads. Also eat them raw with your favorite dip.

They are often cooked (boiled, steamed or microwaved). Also add greens to stir-fries, soups or stews.



Delicious Greens

## Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Excellent source of Folate
- ♦ Excellent source of Vitamins A and C
- ♦ Good source of Vitamin K

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health Program; Photos found on Google images

## Try It!

### Delicious Greens

#### INGREDIENTS

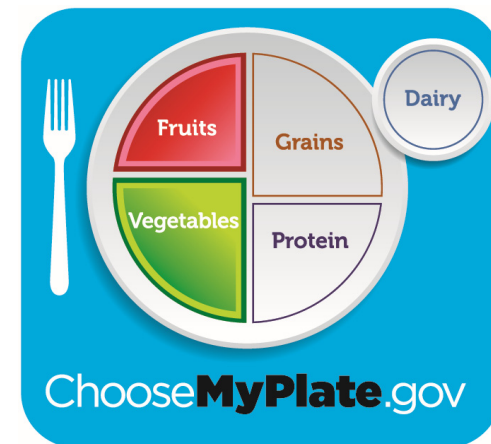
- |           |   |
|-----------|---|
| 1/2 pound | Mustard or collard greens (rinsed, stems removed and coarsely shredded) |
| 2 cups    | Cabbage   |
| 1 Tbsp.   | Olive oil   |
| 2 Tbsp.   | Garlic, minced  |
| 1         | Onion, chopped  |
| 1 Tbsp.   | Vinegar   |

#### INSTRUCTIONS

1. Rinse greens, remove stems, and tear in small pieces.
2. In a large saucepan, boil 3 quarts of water
3. Add mustard greens, return to a boil and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
4. Heat a large nonstick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
5. Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.

Yield: 4 servings

Recipe Source: <http://recipefinder.nal.usda.gov/>



## History & Fun Facts

Greens date back to ancient times. Many greens descended from wild cabbage, which originated in the Mediterranean region and Asia Minor.

There are many varieties of greens. The greens most often found in supermarkets are: collard, mustard, kale, swiss chard and broccoli rabe. Some greens come in bunches (such as collards and kale) and some have stems or stalks (such as mustard, swiss chard and broccoli rabe).