

Vegetable Basics: Greens

Dark, hearty greens like collard, mustard, and turnip greens are nutrient powerhouses, rich in vitamins A, C, and K, plus fiber, calcium, and antioxidants.



✓ How to Store

- Keep unwashed greens in a loose plastic or produce bag in the crisper drawer.
- Use within 3–5 days for best quality.
- Do not wash until ready to use, excess moisture can cause spoilage.

✓ Easy Ways to Prepare

- **Sauté:** Cook in oil or butter with garlic or onion until wilted and tender (5–10 minutes).
- **Braise:** Simmer slowly in broth with seasonings until very tender (30–45 minutes for collards).
- **Steam:** Place in a steamer basket over boiling water for 5–7 minutes.
- **Add Raw** (young greens only): Use tender leaves in salads or wraps.

✓ Prep Before Cooking

- Rinse well in a large bowl of cool water, swishing to remove dirt or grit.
- Trim off thick, woody stems for a more tender bite.
- Chop into ribbons or bite-sized pieces for faster cooking.



How to Season

Try simple seasonings like garlic, onion, olive oil, smoked paprika, crushed red pepper, vinegar, or a squeeze of lemon juice.

Add them to...

- Grain bowls with rice, quinoa, or farro
- Soup or stew (collards hold up well to long cooking)
- Stir-fries with tofu, chicken, or shrimp
- Breakfast dishes like scrambled eggs or omelets
- Pasta with beans and olive oil

Waste Less Tip

If greens are starting to wilt, sauté them right away or add to soups and casseroles. You can also blanch and freeze to use all year.

