CHARACTERISTICS

- Greens is a category of leafy green, nutrient dense vegetables. It includes collards, chard, turnip, kale, mustard greens, swiss chard, and more.
- Leafy greens come in a variety of tastes and textures. Some are sweet and tender, while others are bitter and tough.
- Choose crisp, deeply colored greens.
- Different greens contain different nutrients. Most greens contain:
  - Vitamin K to help with the formation of bones, tissues and hormones.
  - Vitamin A to keep eyes and skin healthy and to protect the body against infections.

PREPARE

Rinse greens before eating or cooking with them. To prepare, use a sharp knife to slice along the stem. Remove the leaf and chop or tear as desired.

Try greens:
- Sautéed with olive oil, garlic, and salt
- Stirred into soups or scrambled eggs
- Raw as part of a salad or sandwich

STORE

- Keep greens whole until use. Remove discolored leaves before storage. Sturdy greens like kale, collard, and swiss chard will last longer than tender greens like spinach.
- To keep greens fresher for longer, rinse leaves and drain well. Loosely wrap in paper towels and place in a container or plastic bag.

GREENS
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