

GREENS

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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.