

*Fresh*  
FROM THE  
FARM



## GREENS



### Selection & Preparation

- ☐ Choose crisp leaves with a nice green color. Smaller leaves will have a milder flavor and be more tender.
- ☐ Avoid yellowed, browned or wilted leaves.
- ☐ Refrigerate unwashed greens in a plastic bag with a damp paper towel. Best when used within one week.
- ☐ 1 pound of fresh greens will cook down to 1 cup, about 2 servings.
- ☐ Wash greens well in cold water before using.
- ☐ Remove tough stems before cooking. Swiss chard stems can be eaten. Cook them as you would celery.
- ☐ Greens can be easily steamed in a saucepan for 5-10 minutes using a small amount of water at the bottom of the pan.
- ☐ Stronger flavored greens like collards, turnip, beet or mustard greens, can be blanched to mellow their flavor. To blanch, drop in a pot of boiling water and cook just until wilted. Drain and cool under running water. Continue with cooking process.
- ☐ Spinach and young greens can be eaten raw. Add to tossed salads for extra nutrition and flavor.

### Nutrition Facts

Serving Size 1 cup spinach, raw

Amount Per Serving

Calories 7

% Daily Value\*

<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
<b>Cholesterol</b> 0g	<b>0 %</b>
<b>Sodium</b> 24 mg	<b>0 %</b>
<b>Total Carbohydrate</b> 1 g	<b>1 %</b>
Dietary Fiber 1 g	4 %
Sugars 0 g	
<b>Protein</b> 1 g	

Vitamin A 56%

Vitamin C 14%

Calcium 3%

Iron 5%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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### Key Nutrients

**Vitamins A, C, K and Folate** - Vitamin A for resistance to infection, good vision and healthy skin. Vitamin C to support healthy gums, skin and blood. Vitamin K to maintain normal blood clotting function and folate for a healthy heart and blood.

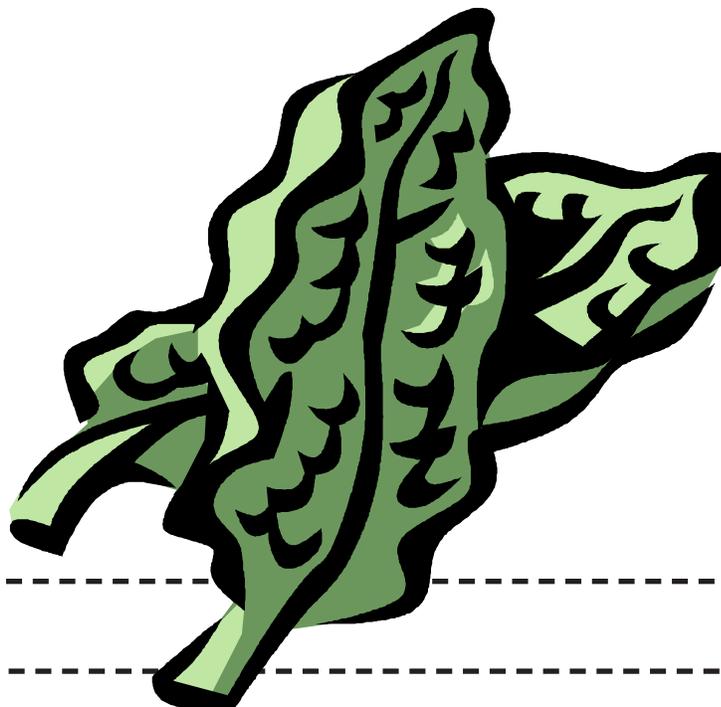
**Calcium and Iron** - Calcium for strong bones and teeth. Iron to maintain healthy blood.

**Lutein** - A phytonutrient that helps to keep your eyes healthy.

## Garlicky Greens

- 2 teaspoons oil
- 2 cups dark leafy greens (any type)
- 1 clove fresh garlic, minced
- 2 tablespoons water
- Salt and pepper to taste

Wash greens well and remove tough stems. In a skillet, heat oil on medium heat. Add greens and garlic. Stir and cook for 1 minute. Add water, cover and cook over medium heat for 5-8 minutes, stirring frequently. Microwave: Combine all ingredients in a microwavable dish. Cover and cook for 3-5 minutes.



## Swiss Chard and Spinach Balls

- 1/2 red onion, diced
- 4-5 cloves garlic, chopped
- 1 inch ginger, chopped
- 1 Tbsp. olive oil
- Splash of red wine vinegar to deglaze
- 1 large bunch swiss chard, chopped
- 1/2 pound fresh or frozen spinach
- 1 cup parmesan cheese, grated
- 2 cups crushed bread crumbs (Plain or Italian)
- 1/8 tsp red pepper flakes or dash cayenne pepper
- 3 eggs

In a large skillet, heat the oil and sauté the onions. When they begin to brown add the chopped garlic and ginger. Stir these until they become fragrant and just begin to brown. Deglaze the pan with a splash of red wine vinegar. Add the swiss chard first and mix with garlic ginger and onions. Let this cook until it wilts then add spinach. Mix this into the other ingredients and stir until wilted. Toss in the pepper flakes. Transfer greens into a mixing bowl and refrigerate until cool. When the greens have cooled stir in the parmesan, bread crumbs and eggs. When everything is mixed well, form into 1/2 inch balls and bake on a greased cookie sheet at 400°F for 15-20 minutes (make sure to check them so they don't overcook)

Chard  
is an  
excellent  
source of  
vitamins A  
and C.