

LEAFY GREENS



WWW.COMMUNITYALLIANCE.EXTENSION.COLOSTATE.EDU

GROWING

Leafy greens are grown year round in a variety of places across the United States. Leafy greens are generally cool season crops, meaning they are grown in the cooler, shorter growing seasons of the year.



SELECTING

Leafy greens are available year round and range from a mild flavor to bitter or tangy flavor. Try a variety of different greens to taste the differences in each one. Select greens that are not wilted and do not have black or damaged areas.



STORING

Store your leafy greens in a refrigerator in a plastic bag and wash under running water before eating. If they get too soft to eat fresh, try using them in a cooked dish.



BODY

Leafy greens are full of vitamin A, C, K, potassium and fiber. Some leafy greens- like kale and collards-help to prevent cancer. While others-like spinach and turnip greens-can help your eyes stay healthy as you age. Leafy greens are a vegetable and it is recommended a healthy diet contain at least 2-3 cups of vegetables per day.



KITCHEN

Leafy greens can be eaten raw or cooked, but some are enjoyed more if they are cooked. Tip: To revive wilted greens, soak them in clean ice water!



LEAFY GREENS



WWW.COMMUNITYALLIANCE.EXTENSION.COLOSTATE.EDU

GROWING

Leafy greens are grown year round in a variety of places across the United States. Leafy greens are generally cool season crops, meaning they are grown in the cooler, shorter growing seasons of the year.



SELECTING

Leafy greens are available year round and range from a mild flavor to bitter or tangy flavor. Try a variety of different greens to taste the differences in each one. Select greens that are not wilted and do not have black or damaged areas.



STORING

Store your leafy greens in a refrigerator in a plastic bag and wash under running water before eating. If they get too soft to eat fresh, try using them in a cooked dish.



BODY

Leafy greens are full of vitamin A, C, K, potassium and fiber. Some leafy greens- like kale and collards-help to prevent cancer. While others-like spinach and turnip greens-can help your eyes stay healthy as you age. Leafy greens are a vegetable and it is recommended a healthy diet contain at least 2-3 cups of vegetables per day.



KITCHEN

Leafy greens can be eaten raw or cooked, but some are enjoyed more if they are cooked. Tip: To revive wilted greens, soak them in clean ice water!



LEAFY GREENS

DID YOU KNOW?

COLLARD, MUSTARD AND TURNIP GREENS ARE COMMONLY KNOWN AS "SOUTHERN GREENS"

LEAFY GREENS

DID YOU KNOW?

COLLARD, MUSTARD AND TURNIP GREENS ARE COMMONLY KNOWN AS "SOUTHERN GREENS"

KALE AND WHITE BEAN SOUP

Serving Size: 1 cup
Yield: 8 servings

Ingredients:

1 tablespoon olive oil
4 garlic cloves, minced
4 cups kale, chopped
1 medium onion, chopped
4 cups low sodium chicken broth
2 (15-ounce) cans no-salt-added white beans, rinsed and drained
1 can diced tomatoes (no salt added)
2 tablespoons Italian seasoning
½ teaspoon salt
Pepper to taste
½ teaspoon dried chili flakes (optional)
1 cup chopped parsley

Directions:

1. In a large sauce pan or soup pot, heat olive oil. Add garlic and onion, and sauté until soft. Add kale, and sauté until wilted.
2. Add broth, beans, tomatoes, Italian seasoning, salt, pepper, and chili flakes (if using). Bring back to a boil. Reduce heat and simmer 10-15 minutes.
3. Ladle into bowls, and sprinkle with chopped parsley.

Nutrition Information / Amount per serving:
Calories 171 Protein 13.3 g Total fat 3.2g Total Carbohydrates 9.8 g Saturated fat 0.5 g Dietary Fiber 11g Cholesterol 0 mg Sodium 223mg

Recipe From Kendall Reagan Nutrition Center

<http://www.nutritioncenter.chhs.colostate.edu/resources/gluten-allergen-free-recipes.aspx>



For more educational resources go to tra.extension.colostate.edu or call 970.249.3935

KALE AND WHITE BEAN SOUP

Serving Size: 1 cup
Yield: 8 servings

Ingredients:

1 tablespoon olive oil
4 garlic cloves, minced
4 cups kale, chopped
1 medium onion, chopped
4 cups low sodium chicken broth
2 (15-ounce) cans no-salt-added white beans, rinsed and drained
1 can diced tomatoes (no salt added)
2 tablespoons Italian seasoning
½ teaspoon salt
Pepper to taste
½ teaspoon dried chili flakes (optional)
1 cup chopped parsley

Directions:

1. In a large sauce pan or soup pot, heat olive oil. Add garlic and onion, and sauté until soft. Add kale, and sauté until wilted.
2. Add broth, beans, tomatoes, Italian seasoning, salt, pepper, and chili flakes (if using). Bring back to a boil. Reduce heat and simmer 10-15 minutes.
3. Ladle into bowls, and sprinkle with chopped parsley.

Nutrition Information / Amount per serving:
Calories 171 Protein 13.3 g Total fat 3.2g Total Carbohydrates 9.8 g Saturated fat 0.5 g Dietary Fiber 11g Cholesterol 0 mg Sodium 223mg

Recipe From Kendall Reagan Nutrition Center

<http://www.nutritioncenter.chhs.colostate.edu/resources/gluten-allergen-free-recipes.aspx>



For more educational resources go to tra.extension.colostate.edu or call 970.249.3935