

LEAFY GREENS



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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. They are considered 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 water!



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DID YOU KNOW?

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

SPICY POTATO & KALE SOUP

Ingredients

- ¼ cup halved and sliced chorizo sausage
- 1 teaspoon extra-virgin olive oil
- 1 small onion, chopped
- 1 14-ounce can reduced-sodium chicken broth
- ⅓ cup water
- 1 small russet potato, peeled and sliced
- 2 cloves garlic, peeled and halved
- 4 cups kale, ribs removed, thinly sliced (see Tips for Two)
- ⅛ teaspoon freshly ground pepper, or to taste

Directions

1. Heat a large saucepan over medium heat. Add chorizo to the pan. While stirring, cook until browned. Transfer the chorizo to a paper towel-lined plate; wipe out the pot.
2. Heat oil in the pot over medium heat. Add onion and cook, stirring often, until softened, for about 2 minutes.
3. Add broth, water, potato and garlic; increase the heat to high and bring to a boil. Reduce to a simmer, cover and cook, stirring occasionally, until the potato is tender, 6 to 9 minutes. Lightly mash the potato with a wooden spoon. Add kale a handful at a time, waiting until it has wilted before adding more. Adjust heat to maintain a simmer and cook, stirring occasionally until the kale is tender, about 5 minutes. Add the reserved chorizo and season with pepper.

Nutrients

Per serving: 201 calories; 8 g fat(2 g sat); 4 g fiber; 24 g carbohydrates; 11 g protein; 39 mcg folate; 12 mg cholesterol; 4 g sugars; 0 g added sugars; 19,167 IU vitamin A; 65 mg vitamin C; 125 mg calcium; 2 mg iron; 672 mg sodium; 848 mg potassium
Nutrition Bonus: Vitamin A (383% daily value), Vitamin C (108% dv)

Recipe from Eating Well.com

<http://www.eatingwell.com/recipe/249443/spicy-potato-kale-soup/>



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