

The Complete Guide to: Leafy Greens

Leafy greens come in all different shades, textures, and flavors, but they are all packed with vitamins, minerals, and fiber to keep us strong and healthy.

It can be intimidating for both kids *and* adults to try a new vegetable, but the recipes you find at BostonOrganics.com will show you how to prepare leafy greens in a creative and delicious way!

Leafy Green Terminology

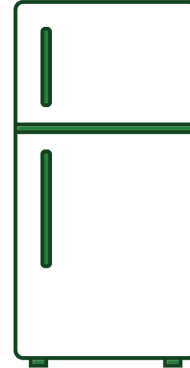
THE SPINE —
is the large stem that runs through the center of the greens.



THE RIBS
are the small stems that come off the spine and run through leaves.

How-To Store Your Greens

THE CRISPER
drawer of your refrigerator maintains a consistent humidity level and is the best place to store vegetables like leafy greens.



DON'T WASH
leafy greens before storing them. Wrap unwashed greens in a slightly damp paper towel and store in an unsealed plastic bag — allowing the greens to breathe.

The goal is to keep your greens moist while avoiding spoilage that occurs in a wet environment.

Bok Choy

Quick Facts:
Bok Choy means “white cabbage” in Cantonese, and is sometimes also called *pak choi*. There are over 20 varieties of this Asian leafy green.



WHY IT'S GOOD FOR YOU:

Bok choy is loaded with carotenoids and vitamins C and K. It makes a healthy substitute for cabbage in coleslaw.

HOW TO PREPARE IT:

Steamed, braised, grilled, stir-fried, or added to soups. Note that the stems take longer to cook than the leaves.

SUGGESTED RECIPE:

[Grilled Bok Choy with Sweet Soy Glaze](#)

Chard

Quick Facts:
“Rainbow Chard” is a mix of Swiss Chard (white ribs, glossy leaves) and Ruby Chard (red ribs, stronger flavors).



WHY IT'S GOOD FOR YOU:

Almost 3 dozen antioxidant phytonutrients are found in the colorful stems of a chard leaf.

HOW TO PREPARE IT:

The stems cook more slowly and add a nice crunch if cooked with the leaves. Add earlier for a more consistent texture.

SUGGESTED RECIPE:

[Savory Swiss Chard Calzone](#)

Collards

Quick Facts:
Collards are one of the hardiest leafy greens. They're easy to cultivate and grow very quickly, but take a long time to cook fully.



WHY IT'S GOOD FOR YOU:

Just one cup of cooked collards contains 3x your daily dose of vitamin A, which fortifies your vision and immune system.

HOW TO PREPARE IT:

Tastes best when cooked slowly at a low temperature. For traditional southern flavor, use butter or lard, not oil.

SUGGESTED RECIPE:

[Braised Collard Greens with Bacon](#)

Dandelion

Quick Facts:
Dandelions are commonly regarded as weeds, but the leaves are highly nutritious and have a strong peppery flavor like arugula.



WHY IT'S GOOD FOR YOU:

An incredible source of vitamin K, which plays an important role in blood clotting and building strong bones.

HOW TO PREPARE IT:

Often mixed with sweeter lettuces and eaten raw in salads. Blanching and steaming can reduce some of the bitterness.

SUGGESTED RECIPE:

[Grilled Peaches, Gorgonzola and Dandelion Green Salad](#)

Kale

Quick Facts:
Kale thrives in a cold climate. Greens harvested after the first frost have a sweeter and more tender flavor.



WHY IT'S GOOD FOR YOU:

Per calorie, kale has more calcium than milk and more iron than beef. It's super rich in antioxidants, carotenoids & fiber.

HOW TO PREPARE IT:

Oils and acids tenderize the tough leaves. Gently massage them with olive oil and lemon before making a raw salad.

SUGGESTED RECIPE:

[Kale and Walnut Pesto](#)



To learn more about leafy greens and to get farm-fresh organic groceries delivered to your door go to: BostonOrganics.com.

