Fun Facts!
Greens are a nutrition powerhouse! They are low in calories and high in fiber and vitamins A, C, K and folate and minerals calcium and potassium.

Collards are the oldest leafy green within the cabbage family. They were grown by the ancient Greeks and Romans.

Despite the common “Swiss” reference, chard is not Swiss in origin. In fact, it is a native of the Mediterranean.

Mustard is an ancient plant that’s easy to grow in Louisiana and a colorful addition to the garden with its yellow flowers. Since 4000 BCE, the leaves and seeds have been used for food and medicine.

Storing Tips
• Wrap unwashed greens in damp paper towels and refrigerate in plastic bags in the crisper of the refrigerator for up to a week.
• Blanch greens and use as a wrap or store for later. Bring water to a boil, add the clean greens and blanch until they are bright green, about two minutes. Place them in a bowl of ice cold water so they don’t overcook then drain and pack them in air tight containers. Use within the week or freeze and use within 10-12 months.

Make It
Garden Fresh Rainbow Chard

Ingredients:
2 Tbsp olive oil
1 medium red onion, halved and sliced
3 garlic cloves, sliced
1/4 cup chicken broth
2 bunches rainbow Swiss chard, coarsely chopped (about 16 cups)
2 Tbsp lemon juice
1/4 tsp salt
1/4 tsp pepper

Directions:
1. In a 6-qt. stockpot, heat oil over medium-high heat.
2. Add onion; cook and stir until tender, 2-3 minutes.
3. Add garlic; cook 1 minute longer.
4. Add broth and chard; cook and stir until chard is tender, 5-6 minutes.
5. Remove from heat; stir in lemon juice, salt and pepper.

Recipe developed by TasteofHome.com

Helpful Hint
Mustard greens are spicy! Add an acid like vinegar or lemon juice toward the end of cooking to tame that spiciness. Smoked pork or bacon can balance the flavor, too.

For more information on Louisiana Harvest of the Month, visit www.SeedstoSuccess.com

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Let’s Eat Some Greens!

**Swiss Chard**
Select deep, green leafed swiss chard with firm stems. Do you want to eat them raw? Select small leaves. Larger, more mature leaves are better when sautéed or steamed.

**Mustard Greens**
Select green leaves with fresh-looking stems and avoid greens that are yellowing. Large leaves have stronger flavor.

**Collard Greens**
Select collard greens that are firm with even-colored leaves. Small leaves are more tender and can be steamed and used as a wrap. Larger leaves can be tougher and are best for longer cooking methods.

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