



Santa Cruz River

FARMERS' MARKET

where everyone's welcome!

Greens 101

Dark green leafy vegetables are, calorie for calorie, perhaps the most concentrated source of nutrition of any food. They are a rich source of minerals including iron, calcium, potassium, and magnesium and vitamins, including vitamins K, C, E, and many of the B vitamins. They also provide a variety of phytonutrients including beta-carotene, lutein, and zeaxanthin, which protect our cells from damage and our eyes from age-related problems, among many other effects. Dark green leaves even contain small amounts of Omega-3 fats.



Spinach, chard, beet greens, bok choy are mild, tender and quick cooking. Collards, turnip greens, broccoli rabe, mustard green and dandelion are more aggressive in flavor. Kale falls in the middle. Greens go well with olive oil, dark sesame oil, butter, sharp cheeses such as asiago and parmesan, olives, red pepper flakes, garlic and acids such as vinegar and lemon juice.

- **FREEZE** Cook greens in a pot of boiling salted water until tender, 2 to 10 minutes. Drain then run under cold water to stop cooking. Drain and squeeze out excess water. Freeze and use later in place of frozen spinach.
- **BASIC SAUTE** Greens are delicious sautéed in olive oil and garlic. Toasted nuts and dried fruits are good additions. As are onions, olives and balsamic vinegar.
- **BLANCHED** If you find sautéed greens tough, blanch them first in boiling water for a few minutes until tender, drain and squeeze out water.
- **ADD TO PASTA** Toss blanched greens with pasta and grated Parmesan. Chopped tomatoes, olives and flavored or plain olive oil would be good additions.
- **GREENS & GRAINS** Mix left over blanched, sauteed or raw greens with cooked grains.
- **USE IN SOUP** Add fresh greens to brothy soups near the end of cooking.
- **TAMALES** Blanched greens make a wonderful tamale filling along with cheese.

- **SOUTHERN-STYLE COLLARDS** Sauté 3 cloves of minced garlic in olive oil. Add 4 bunches of sliced collards and sauté until wilted. Pour in ½ cup stock, toss in a meaty ham bone and bring to boil. Cover, reduce heat and simmer until greens are tender but slightly crunchy (12-15 minutes). Remove ham bone, cool, pull and shred meat from bone and add to greens. Season with salt and pepper. Sprinkle with 1 tablespoon of cider vinegar.
- **GREENS WITH CRISPED BREAD CRUMBS** Sauté ½ cup of coarse, fresh bread crumbs in 1 tablespoon of butter or olive oil until golden. Toss a bunch or two of blanched greens with 2 tablespoons of olive oil, season with salt and pepper, sprinkle bread crumbs over top.
- **KALE WITH OLIVES** Toss a bunch or two of blanched greens with 2 tablespoons of olive oil, chopped kalamata olives, pepper flakes and salt to taste. Serve with lemon wedges.
- **CURRIED SQUASH AND GREENS SOUP** Sauté a chopped onion, 2 chopped celery stalks for about five minutes in olive oil. Add 2 large diced tomatoes, 4 minced garlic cloves and two teaspoons of minced ginger and sauté another few minutes. Add one teaspoon each of curry powder, ground cumin, coriander and sauté a few more minutes. Add four cups of peeled, diced winter squash and 5 cups of water and bring to a boil. Reduce heat and simmer until squash is tender, 25 minutes. Stir in 4 cups of chopped greens and simmer for another ten minutes. Remove from heat and blend until smooth. (Be careful blending hot liquids. It's best to let them a bit if you can before blending.)
- **FRITTATA WITH GREENS** Sauté greens with onion, garlic, red pepper in of olive oil or butter until soft. Spread into a shallow baking dish. Sprinkle grated parmesan, Swiss or other cheese over top. Pour 6 or so whisked eggs over all. Bake at 325 for 30 to 45 minutes until eggs are set.
- **GREENS-STUFFED PIZZA** Preheat oven to 500 degrees and lightly oil a cake pan. Cut off 1/3 off of a pound of prepared pizza dough and press into the bottom of the cake pan. Brush with olive oil and prick with a fork. Bake until golden. Sauté 5 minced garlic cloves and 3 bunches of blanched greens in a generous amount of olive oil until soft. Add salt and pepper to taste. Cool slightly and stir in 1-2 cups of grated cheese (Fontina or Mozzarella). Spread greens over crust. Roll out remaining dough and cover filling. Tuck edge under bottom crust to form a flat top and enclose filling. Brush top with olive oil. Bake until golden brown 15 to 20 minutes. Run a knife around the edge, carefully remove from pan and slice into wedges.
- **WINTER GREEN COLESLAW** Combine 1 bunch of (raw) greens with the ribs removed and sliced, 3 grated carrots, 1 grated onion and 1 diced red pepper. Bring remaining ½ cup rice or cider vinegar, 1/3 cup sugar, ¼ cup olive or canola oil, 1 teaspoon of powdered mustard and 1 teaspoon of celery seed to a boil in a small saucepan. Pour dressing over vegetables and stir to coat. Season with salt and pepper. Cover and chill four hours or overnight.

-Compiled by Gretel Hakanson

Santa Cruz River Farmers' Market is located at this NE Corner of Speedway and Riverview between the Arizona School for Deaf and Blind and El Rio Neighborhood Center. For more information visit: <http://communityfoodbank.com>.