Farmers’ markets are bursting with a variety of delicious leafy greens. Even turnips, beets, and radishes have wonderful green tops that can be prepared in the same ways as other greens.

Greens are low in calories, low in fat, and rich in dietary fiber, folate, vitamins A, C, and K. Stir-fried, sautéed, steamed, or fresh in salads, leafy greens can make half your plate vegetables all season long.

**Kale** is sold as green curly kale, purple-veined Russian kale, and crinkly Tuscan (dinosaur or Lacinato) kale.
- Popular in smoothies or juices.

**Swiss chard** is grown in a rainbow of colors and has edible stems with a celery-like texture.
- Enjoy in sautés or soups.

**Mustard greens** can be mildly peppery or sharp and pungent. Add a little vinegar to soften their strong flavor.
- Great stir-fried, added to soups and stews, or pickled.

**Turnip greens** have a mild turnip flavor, and are tender so they cook quickly.
- Sauté or stir-fry with garlic and your favorite seasonings.

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**Tips for greens**

- Trim to separate leaves - dip in a bowl of cold water 2 to 3 times if greens are very sandy - then rinse under cold running water.
- Cook greens quickly and serve “wilted.” Overcooking destroys nutrients and makes vegetables mushy and less flavorful.

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**Go Greens!**

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**Get to Know Leafy Greens**

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**Health Tip of the Month**

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**Worksite Wellness Initiative:** by Michelle Truong-Leikauf, Dietetic Intern

Teachers College, Columbia University. 23: 9/12

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