

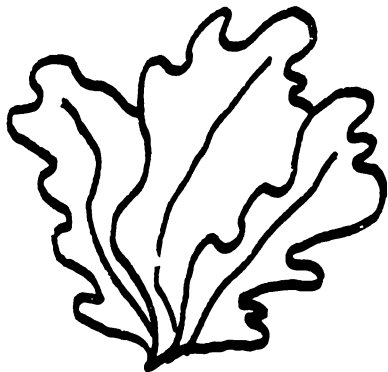
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FOOD NE

Extension Division

Virginia Polytechnic Institute and State University

GREENS



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There are many kinds of greens--
spinach, mustard, dandelion, kale,
collards, turnip greens, beet tops,
and chard. Most have bright or dark
green leaves.

Choose young tender greens with
a good green color. Do not buy greens
with coarse stems or greens that look
soft, wilted, or dried. The greens
should not have any blemishes.

COOKING GREENS

Wash greens. Break off root ends, tough stems, and discolored leaves.

Put into a deep pan. You do not need to add water. Cover pan.

Cook over low heat until tender--about 10 minutes.

Season greens with salt and pepper, butter, margarine or salt pork, vinegar or lemon juice.

For variety, add crisp, crumbled bacon, chopped onion, or sliced, hard-cooked eggs.

Nutrition Tip: If you throw away the cooking water, you lose some vitamin C.

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