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# GREENS

A large number of widely differing plants are used as "greens." The better known kinds are spinach, kale, collards, turnip, beets, chard, mustard, dandelion, and cress. Many others, some of them wild, are also used to a limited extent.

Select leaves that are fresh, young, tender, free from blemishes, and which have a good healthy green color. Beet tops and chard will show reddish color.

Avoid leaves with coarse, fibrous stems, yellowish-green color, softness (a sign of decay), or a wilted condition. Avoid greens with evidence of insect damage.

Look over leaves carefully when washing. It is sometimes hard to spot insects, especially aphids. Wash greens several times. Lift greens out of water as grit settles to the bottom of the pan.

Cut or tear out tough stems and midribs and discard. Steam or partially cook greens until well wilted whether greens are to be canned or frozen.

A bushel of greens weighs about 18 pounds and will yield an average of 6 quarts of canned or frozen greens.

## CANNING GREENS

Pack hot greens loosely to 1/2-inch of top of jar. Add 1/4 teaspoon salt to pint jars; 1/2 teaspoon to quarts. Cover with boiling water, leaving 1/2-inch headspace. Remove air bubbles by running spatula or knife between jar and food. Adjust jar lids.

Process in pressure canner at 10 pounds pressure (240° F.).

Pint jars . . . . . 70 minutes

Quart jars . . . . . 90 minutes

MF-132 has information about processing in a pressure canner.

The small amount of salt adds flavor but may be omitted.

## FREEZING GREENS

Greens should be wilted before packaging for freezing. Very tender leaves of spinach will need less heating time than collards. Work with a small quantity of greens at a time. Don't overcook.

Greens may be dipped in cold water to stop cooking. A more acceptable practice is to package greens in half-pint or pint containers and freeze immediately. Leave 1/2-inch headspace as greens will expand on freezing.

Filled containers can be set in cold water to speed cooling before freezing. Seal. Freeze; store at 0° F. or below.

Information adapted from USDA Home and Garden Bulletins by Jo Anne Barton, Extension Specialist, Foods and Nutrition.

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