

# Greens defined



## lettuce, mix

Can include mizuna, tatsoi and other baby and adolescent greens. Use as you would lettuce. A diversity of lettuce means a diversity of flavors (bitter, spicy, and buttery).

**Lasts:** 2 - 5 days -- eat quickly

**Store:** in a plastic bag in the crisper drawer, wash just before eating



## Arugula

Smallish green leaves, the younger leaves are ovals, older are lobed (and spicier). This spicy green that can be cooked, but is best raw. Can add to pasta and it will melt in with the heat. Also good for chimichurri or pesto! It is a wimp when it comes to storage and heat -- doesn't take much to cook this chap!

**Lasts:** 2 - 3 days -- eat first!

**Store:** in a plastic bag in the crisper drawer, wash just before eating



## Bok Choy

Bright green, thick white stem, medium in size. Slightly sweet with a stem that stays crisp when cooked (the stem is the best part!).

A natural in stir fry or with flavorful sauces as a side or main with protein. May be written as bok choy, bok choy, or pac choy. You might also find a baby bok choy in your lettuce mixes!

**Lasts:** a week + (re-hydrates in water bath if limp)

**Store:** in a plastic bag in crisper drawer

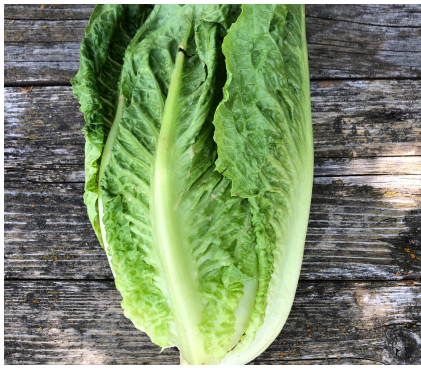


## lettuce, head

There are many heads of lettuce and lettuce mixes we distribute. They are generally meant to be kept raw (though their adult counterparts are good for cooking).

**Lasts:** 2 - 5 days -- eat quickly

**Store:** in a plastic bag in the crisper drawer, can wash/prep first but once prepped, eat within a few days.



## Romaine Lettuce

Hardy, crisp, and crunch, romaine is a lettuce that lasts! Great as a sub for bread or wraps, crunchy in a salad. Can even hold up to grilling (whole).

**Lasts:** 7 days, lasts longer than most!

**Store:** in a plastic bag in the crisper drawer, can wash/chop/prep at start of week.



## Curly Endive

Medium sized leaves, many lobes, lacy appearance, white stem. Good raw or cooked. From the chicory family, so has a strong slightly bitter flavor.

**Store:** in a bag in the crisper drawer.

**Lasts:** longer than arugula but not as long as romaine. Can wash/prep at start of week.



## Spicy Mustard Greens

Sturdy large leaves, purple or green in color. Can be cooked or eaten raw. When raw, has a quick kick of heat, like wasabi. Cook them and the heat goes away. Chop some up for salads, use as a lettuce wrap, or cook in your favorite stir fry.

**Lasts:** 5 - 7 days (re-hydrates in water bath if limp)

**Store:** in a plastic bag in the crisper drawer, can wash/prep at start of week



## Mild Mustard Greens (ex: wazuna & tatsoi)

Smaller in size, and much milder in flavor than the spicy mustard greens. Can be cooked or eaten raw.

**Lasts:** 3 - 5 days

**Store:** in a plastic bag in crisper drawer, can wash/chop/prep at start of week



## Spinach

our spinach is generally fully grown, not baby. Great raw or cooked, including those crisp stems! Mild enough for smoothies, great cooked in pasta or added to beans.

**Lasts:** 5 - 7 days

**Store:** in a plastic bag in the crisper drawer, can wash/prep at start of week.



## Kale

Kale comes in blue-green, reddish green, and red varieties with flat or curly leaves. Can be cooked or eaten raw. If raw, massage with salt to tenderize. Kale salad is huge on google! Stem is tough, remove. Kids love it baked into chips! Cooking brings out kale's sweetness.

**Lasts:** 5 -7 days

**Store:** in a plastic bag in the crisper drawer, can wash/chop/prep at beginning of the week



## Escarole

Wavy-edged leaves, looks like a head of lettuce. But not great raw. A staple in Italian wedding soup and great for pretty much any soup. It is another member of the chicory family, so has a slight bitter flavor. Also great in pasta, with beans, on its own with some olive oil or butter.

**Lasts:** 5 - 7 days

**Store:** in a plastic bag in the crisper drawer, can wash/prep at start of week.



## Rainbow Chard

This one is easy to spot with yellow, orange, white and red stems and large leaves. Best cooked, but can be eaten raw. Eat the stem, too! Stem needs a longer cooking time, so remove the rib, chop, and saute as you would sweet peppers.

**Lasts:** 5 - 7 days

**Store:** in a plastic bag in the crisper drawer, can wash/chop/prep at start of week.



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