

Viva Vegetables!

Utah State
UNIVERSITY
extension



December's featured vegetable is:

Winter Greens

Eat your greens. The winter kind.

- In general, buy leaves that are firm and bright not soggy, dull or wilted.
- Greens should have dark green, shiny leaves and white or red stems depending on the kind you buy. Leaves should have no signs of bruising.
- Greens should have no yellowing with intact leaves.
- Leaves should be fresh, crisp and free of brown spots.
- Kale should have firm, deeply colored leaves and moist, hardy stems. Leaves should also be free of small holes and wilting.

Chard

Collard greens

Arugula

Kale



Green up your white winter plate.

- What counts as winter greens? You guessed it: leafy plants that taste the best after they've been chilled outside:
 - Arugula (very spicy)
 - Collard, turnip and mustard greens
 - Swiss chard
 - Kale
- Cook winter greens like you would spinach. They can be steamed or microwaved.
- Add to soups, stews, or casseroles.
- Add as a decorative and tasty garnish on meats or sandwiches.
- Sauté kale with garlic and sprinkle with lemon and olive oil before serving.
- Use kale as a topping on pizza.
- Small greens take less cooking time than larger greens.

When you think leafy winter greens, you've got to be thinking vitamin A, right? After all, leafy is spelled with an "A"... an A for "almost absent ailments." Basically, eating foods that contain vitamin A help you fight everyday sicknesses. And where should you get vitamin A? You got it, from your leafy winter greens (remember leafy IS spelled with an "A".) Not to mention, leafy winter greens can turn your white winter wonderland into a great-tasting green glade.

Why winter greens? Why me? Why now?

Recipes

Swiss Chard Stracciatella Soup

Adapted from Andrea Chesman's *Garden-Fresh Vegetable Cookbook*



- 6 cups low-sodium chicken broth
- 3 garlic cloves, minced
- 1 pound (6-8 stems with leaves) Swiss chard, very thinly sliced
- 2 tablespoons freshly grated Parmesan, plus more for serving
- 2 large eggs, beaten
- Salt and pepper, to taste

Combine broth and garlic in a large saucepan and bring to a boil over medium-high heat. Add the chard, cover, reduce the heat to medium, and cook until the chard is tender, about 8 minutes. Stir in the Parmesan and simmer for 1 minute. Beat the eggs in a small bowl. Bring the soup to a boil. With a fork, gradually stir the eggs into the soup. Cook briefly, stirring constantly with a fork until threads appear, less than 1 minute. Season with salt, pepper, and Parmesan.

Braised Kale with Black Beans and Tomatoes

- 1 bunch kale (about 8-10 leaves)
- 2 teaspoons extra virgin olive oil
- 1 large onion, diced
- 6 medium plum tomatoes, seeded and diced (2 cups)
- 2 garlic cloves, halved lengthwise
- 1 can (15 oz.) unsalted black beans, rinsed and drained
- 1 1/2 cups fat free, reduced sodium chicken or vegetable broth
- Salt and pepper, to taste

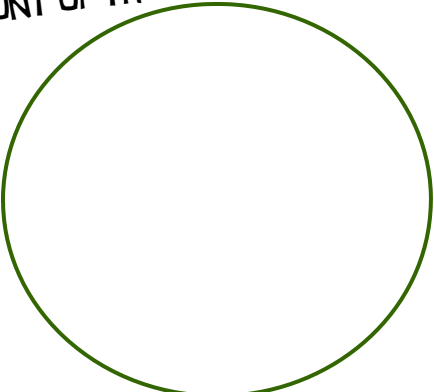
Slice off the central vein of each kale leaf. Stacking leaves, cut them crosswise into half-inch strips. Rinse and shake well, leaving some moisture clinging to the leaves. Heat oil over medium-high heat. Sauté onion about 4 minutes. Add kale and mix until wilted, about 3 minutes. Add tomatoes and garlic. Cook, stirring, until tomatoes soften slightly, about 3 minutes. Add beans and broth. Bring to a boil, reduce heat and simmer until kale is tender, about 30 minutes. Season with salt and pepper.

- Collard greens are one of the first foods eaten by prehistoric people, which some people call cavemen.
- Kale, a winter green, loves to grow in colder temperatures. Do you think it would grow well in your home town?

Did you know???

- People used to use the winter green arugula in secret potions in the first century.
- Swiss chard isn't actually from Switzerland, but a man from Switzerland determined it's scientific name. The name of the chard honors his homeland.

DRAW A PICTURE OF THE WAY YOU WILL EAT WINTER GREENS ON THE PLATE BELOW. TO GET IDEAS, YOU CAN LOOK AT THE FRONT OF THIS NEWSLETTER.



MY PLATE

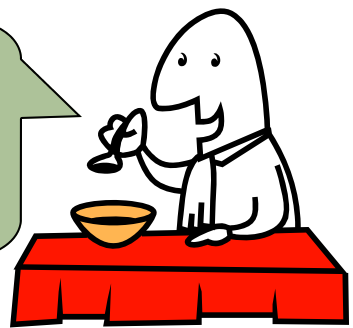
MATCH, MATCH, MATCH, MATCH IT UP!
MAKE YOUR BEST GUESS ABOUT MATCHING THE PICTURE TO THE WORD. THEN, CHECK YOUR ANSWERS BY LOOKING AT THE FRONT OF THE NEWSLETTER.

Kale	
Collard greens	
Arugula	
Chard	

Need a giggle?
It's time for you to try writing your own vegetable jokes! Share your jokes with your family or friends.



I'm excited to try delicious greens. They look scrumptious! I think they might be my new favorite vegetables.



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