

# Health Tip of the Month

## Go Greens!

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.



### 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.

## Get to Know Leafy Greens



**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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