



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

GREENS



AVAILABLE

All year. Cheaper Summer-early Autumn.

STORE

Fridge or a cool, dry place. Will keep for up to 2 weeks.

EAT

Raw or cooked.

PREPARE

1. Wash in running water.
2. Trim stalks (optional).
3. Cut or rip leaves to desired size.

COOK

Boil: Boil water in a saucepan. Add greens. Boil until tender (3-4 minutes).

Steam: Until tender (4-8 minutes).

Stir fry: In a frypan with 1T of oil. 3-4 minutes.

Microwave: In a shallow dish. 4-6 minutes.

AVOID WASTE

Freeze: Chop greens. Boil for 3 minutes. Drain. Plunge into cold water. Drain. Freeze in bags. Can be frozen for 12 months.

TASTY IDEAS

- Add baby leaves to salads.
- Add to cooked pasta for a quick, simple meal.
- Chop up finely and add to omelets.
- Make dip. Blend spinach and/or silverbeet with a cheese or cream base (e.g. ricotta, sour cream, cottage cheese, cream cheese).