

## Greens

Greens should have fresh, green leaves. Before cleaning, remove any wilted or yellow leaves. Wash under clean, running water.

Greens are vegetables which grow as plant leaves.

Greens date back to ancient times.

Many greens descended from wild cabbage which originated in the Mediterranean region and Asia Minor.

Greens are vegetables that include any type of cabbage where the green leaves do not form a compact head. In the United States, cooking greens are a southern tradition. Most greens are available all year long.

## **VARIETIES**

There are many varieties of greens. The ones most often found in the supermarkets are: collard, mustard, kale, swiss chard and broccoli rabe. Some greens come in bunches (such as collards and kale) and some have stems or stalks (such as mustard, swiss chard and broccoli rabe).

## **NUTRITION FACTS**

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Good source of vitamin C

Greens can be served raw in salads. They are often cooked (boiled, steamed or microwaved). Add to stir-fries, soups or stews.

Many greens are grown in Iowa.



















Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the lowa departments of Public Health and Human Services, equal opportunity providers and employers. The lowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

