



THE URBAN EDGE

ORGANIC FARM • FARM STORE
U-PICK ORCHARD

TheUrbanEdgeFarm.com

ABOUT “HARD” GREENS

The term “hard” greens refers to leafy vegetables that are heartier in texture and flavor than “soft” greens like lettuce and spinach. They are usually of the Brassica family, which includes cabbage, mustard, kale, collards, bok choy, and spigarello. Although they can be eaten raw, hard greens are usually more appetizing cooked.

HOW TO SELECT AND STORE

Look for greens that are fresh and vibrant, not wilted or yellowing. Head cabbages should be tightly packed and heavy for their size. A sulfurous or “off” smell indicates a green past its prime. Store hard greens unwashed in the refrigerator crisper drawer and wrapped in a damp paper towel until ready to use—anywhere from 4 to 7 days.

COOKING TIPS

Boiling, steaming, stewing, and braising work well for most hard greens. Collards prefer long simmering; steaming can make them tough. Mustard greens are more tender and are ideal for quick sautéing and stir-frying. Kale and spigarello cook faster when shredded first (use the chiffonade method for easier slicing). Bok choy takes best to steaming and stir-frying; otherwise, it becomes watery (stems take longer to cook than the leaves).

COMPLEMENTARY FOODS & SEASONINGS

Anchovies, apples, asafetida, bacon, beans, black-eyed peas, butter, caraway seeds, cardamom, cheese, chestnuts, chiles, chorizo, cinnamon, coconut, coriander, cornbread, cream, cumin, curry, dill, garlic, ghee, ginger, ham, lemon, smoked paprika, smoke seasoning, mint, miso, molasses, mustard, nutmeg, olives, olive oil, onion, oregano, oyster sauce, parsley, pasta, peanuts, pork, potatoes, rice, sausage, sesame, smoked meats, soy sauce, sweet potatoes, turmeric, vinegar, walnuts, winter squash.

For more information on hard greens, check out Bounty from the Box: The CSA Farm Cookbook by Mi Ae Lipe at the farm store or BountyFromTheBox.com.



"HARD" GREEN SERVING SUGGESTIONS



- Add thinly sliced, shredded, or chopped raw or cooked hard greens to salads, rice, soups, and stews.
- Sauté hard greens with tofu, garlic, and red pepper flakes for a quick, delicious, vegetarian meal.
- Simmer collards with ham, bacon, and pork fatback. Splash liberally with hot pepper vinegar just before serving, and don't forget to enjoy the savory cooking liquid—the famous “pot liquor.”
- In Ethiopian and Eritrean cuisines, collards are often cooked with hot peppers and served with butter, cottage cheese, or buttermilk.
- Serve small wedges of raw cabbage with your favorite dip or salad dressing.
- Make homemade kimchi, that potent Korean condiment of pickled cabbage fermented with hot chiles, green onions, garlic.
- And coleslaw! Try with different produce like carrots and Asian pears.
- Stuff cabbage with delicious fillings like bacon, onions, ground beef, sausage, lamb, tomatoes, mushrooms, and sauerkraut.
- Use spigarello, a relative of broccoli and kale, like you would kale.
- A little acid makes a nice counterpoint to the rich green taste of kale. Stew kale with tomatoes or a little vinegar and red wine.
- Kale is a natural in highly spiced, complex Indian dishes and curries. It is also a main-dish soulmate of sweet potatoes.
- Add finely chopped or shredded hard greens to your favorite pasta recipe as a substitute for spinach. Especially good with pine nuts!
- Bok choy's delicate flavor and texture combine exceptionally well with mushrooms, pork, shrimp, and crab.
- Try substituting bok choy stems for celery; chop into egg and chicken salads, or spread peanut butter in them.
- Hard greens blend well with cheese and eggs. Sauté until they turn soft and begin to brown, then add them to gratins, omelets, frittatas, scrambled eggs, and casseroles. A great way for kids to eat their veggies!