



THE URBAN EDGE

ORGANIC FARM • FARM STORE  
U-PICK ORCHARD

[TheUrbanEdgeFarm.com](http://TheUrbanEdgeFarm.com)

*For more information on soft greens, check out Bounty from the Box: The CSA Farm Cookbook by Mi Ae Lipe at the farm store or [BountyFromTheBox.com](http://BountyFromTheBox.com).*

## ABOUT “SOFT” GREENS

*The term “soft” greens refers to leafy vegetables that have a more tender texture and milder flavor than “hard” greens like cabbage and kale. Soft greens include escarole, Swiss chard, spinach, lettuce, mizuna, tatsoi, arugula, and the young leaves of beets and turnips. Such greens are usually eaten raw or cooked very briefly.*

## HOW TO SELECT AND STORE

Look for greens that are fresh, crisp, and vibrant, not wilted, yellowing, slimy, or sour-smelling. Store soft greens unwashed in the refrigerator crisper drawer and wrapped in damp paper toweling until ready to use. Use within 3 to 5 days. Then rinse under running water or float in a sink full of water to dislodge dirt, sand (especially with spinach), and bugs. Then thoroughly dry in a salad spinner or gently between a couple of layers of dish towels.

## COOKING TIPS

Because of their high water content, many delicate soft greens are best enjoyed raw in salads, sandwiches, or as toppings for pizza, pasta, and egg dishes. But lettuce is delicious lightly stir-fried with sesame oil and ginger, spinach takes beautifully to steaming and sautéing, and almost any cooked soft green loves the company of mushrooms. Avoid boiling or braising them; stick with steaming, quick sautéing, and wilting.

## COMPLEMENTARY FOODS & SEASONINGS

Almonds, anchovies, apples, bacon, berries, butter, cardamom, carrots, cheese (blue, feta, goat, Parmesan, pecorino), chicken, chiles, chives, cumin, curry, dill, duck, eggs, fish, garlic, ginger, ham, hazelnuts and oil, leeks, lemons, lemongrass, marjoram, mint, miso, mushrooms, mustard, nutmeg, nuts, olives, olive oil, onions, oranges, parsley, pasta, peaches, peppers, pine nuts, pork, rice vinegar, sesame, soy, strawberries, tarragon, tomatoes, vinegar, walnuts and oil, yogurt.



## "SOFT" GREEN SERVING SUGGESTIONS



- Mix various lettuces, baby spinach, arugula, endive, dandelion greens, and fresh herbs for lush tossed salads of different flavors and textures.
- Do Middle Eastern and Greek—try spinach or arugula in rice dishes or with feta cheese, pomegranate seeds, garlic, and preserved lemon.
- Sprinkle thinly sliced strawberries over your spinach salad and serve with a balsamic vinegar dressing (mandarin oranges and peaches, too).
- Make lo mein, that Chinese noodle dish that uses up all kinds of veggie loose ends as well as any kind of protein you want—including tofu.
- Escarole is tasty wilted with plenty of butter, olive oil, garlic, salt, and pepper and served over sautéed shiitake mushrooms and red cabbage.
- Throw some soft greens into scrambled eggs, omelets, or frittatas.
- Enjoy lettuce wraps! Possible fillings and condiments are endless.
- Stir-fry lettuce in a little sesame oil, ginger, and soy sauce just like spinach—a popular Asian dish.
- Pickle lettuce with sugar, salt, and vinegar in the fridge just like cukes.
- Stuff romaine or Bibb lettuce leaves with blue cheese, walnuts, and bacon. Drizzle with good olive oil or nut oil, and serve as a “hand salad.”
- Try arugula instead of lettuce in a surprise BLT—its pepperiness pairs beautifully with good-quality, thick-cut, maple-cured bacon.
- Mushrooms and tatsoi are irresistible together. Try sliced portobellos, oyster mushrooms, or porcinis. Or add mizuna or tatsoi greens to freshly made miso soup or dashi broth.
- Mizuna adds sophistication, elegance, and flavor to seafood salads. Its zestiness contrasts with milder shellfish like scallops and lobster.
- Chard and spinach can be used almost interchangeably; prepare lightly steamed chard with a hot bacon-and-onion dressing!
- Wrap small fish in big Swiss chard leaves for steaming or grilling.
- Roasting Swiss chard stems caramelizes them; drizzle with olive oil, garlic, salt, and pepper and roast for 20 minutes at 400°F.