

Veggie of the Month

- *May* -

Spring Greens



About

Spring greens might sound like the general term for the leafy vegetables that thrive this time of year, but the name actually refers to a type of cabbage. With softer and darker leaves than hearty winter cabbage, spring greens more closely resemble kale. The vegetable has a long history in northern Europe, where its tolerance of cold winters is valued for an early spring supply of edible leaves. They make an excellent addition to many spring and summer dishes with their sweet, fresh flavor and are full of the nutrition associated with cabbage and others greens.

Did You Know?

Don't overcook spring greens! Although excellent sautéed or steamed, the vegetable will develop a rank flavor and smell if overcooked.

Spring greens are particularly popular in the UK--in the US, the term 'spring greens' more generally refers to leafy vegetables like beet, radish, arugula and mustard greens.



Shopper's Tips



Spring greens are in season April through June.

Choose heads of spring greens with fresh, firm leaves. Avoid wilted plants.

To prepare, remove the leaves from the center, wash gently and shred. Leave whole if the leaves are small or being used for wraps or stir-fry.

Store in the fridge and use within a few days after purchase.

Nutrition Highlights

- Like cabbage, spring greens belong to the brassica family, which are known for high vitamin C and K content.
- They contain natural compounds, such as sulforaphane and indoles, that have anti-inflammatory properties, which could help protect against heart disease and stroke.

Try This!

- Blanch and chop spring greens and combine with a white bean, bacon, breadcrumb and egg mixture to make perfect patties for frying or grilling. Replace the bacon with cheese to make them vegetarian.
- Roll up a bundle of leaves, chop finely and fry to make a substitute for crispy seaweed to add to soups and salads.
- Add spring greens at the end of a stir-fry, or use in winter soups and stews.
- Sauté with a combo of seasonings to make an easy side dish! Try mustard seeds and bacon or olive oil and lemon juice.



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