

















## A GUIDE TO LEAFY GREENS

SPRING 2010

VARIETY			VARIETY		
	<b>Arugula</b>	<b>FLAVOR:</b> Bitter and peppery. <b>USES:</b> Fresh in salads or sandwiches, add to soups, or sauté for vegetable dishes.		<b>Kale</b>	<b>FLAVOR:</b> Mildly peppery. Cabbage-like. <b>USES:</b> Remove tough stems and ribs. Steam, sauté, boil, or add small amount to salads. Beautiful as a garnish.
	<b>Belgian Endive</b>	<b>FLAVOR:</b> Hint of bitterness. Red variety slightly more bitter than green. <b>USES:</b> Leaves are perfectly shaped to hold spreads for appetizers, or add fresh in salads.		<b>Leaf Lettuce</b>	<b>FLAVOR:</b> Mild, yet more full-flavored than head lettuce. <b>USES:</b> Fresh in salads or sandwiches.
	<b>Bibb Lettuce</b>	<b>FLAVOR:</b> Sweet and succulent. <b>USES:</b> Fresh in lettuce wraps or salads.		<b>Mustard Greens</b>	<b>FLAVOR:</b> Sharp and peppery. Radish-like. <b>USES:</b> Steam, sauté, or simmer as a side vegetable.
	<b>Curly Endive</b>	<b>FLAVOR:</b> Slightly bitter. Cook briefly for milder flavor. <b>USES:</b> Fresh in salads or add to side dishes.		<b>Radicchio (also known as red chicory)</b>	<b>FLAVOR:</b> Bittersweet. <b>USES:</b> Fresh in salads, grill, sauté, or bake.
	<b>Collard Greens</b>	<b>FLAVOR:</b> Mild and slightly stronger than cabbage. <b>USES:</b> Steam or sauté to tenderize leaves. Southern style of cooking the greens is to boil with bacon or salt pork.		<b>Romaine Lettuce</b>	<b>FLAVOR:</b> Slightly bitter. <b>USES:</b> Adds crunch to mixed green salads, and is typically the lettuce used for Caesar salad.
	<b>Dandelion Greens</b>	<b>FLAVOR:</b> Slightly bitter and tangy. <b>USES:</b> Cook like spinach or add small amount to salads.		<b>Spinach</b>	<b>FLAVOR:</b> Slightly bitter. For sweeter, milder taste use baby spinach. <b>USES:</b> Fresh in salads or sandwiches, sauté, or add to soups and pastas.
	<b>Escarole</b>	<b>FLAVOR:</b> Similar to curly endive with milder flavor. <b>USES:</b> Primarily used fresh in salads. Can also steam or add to soups.		<b>Swiss Chard</b>	<b>FLAVOR:</b> Mild and sweet. <b>USES:</b> Prepare greens similar to spinach. Prepare stalks similar to asparagus.
	<b>Frisée</b>	<b>FLAVOR:</b> Nice balance of bitter and sweet. <b>USES:</b> Fresh in mixed green salads.		<b>Watercress</b>	<b>FLAVOR:</b> Slightly bitter with a peppery snap. <b>USES:</b> Fresh in salads or added to soups and side dishes. Also popular as a garnish.