



MIXED GREENS

AT HOME

New Hampshire Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

www.nhharvestofthemonth.org

Tidbit

The versatility of greens, in flavor, shape and application, is enormous! They can accompany any type of dish and, many varieties can be eaten raw or cooked. No matter what the season, fresh greens can end up on your plate.

Storage Tips

- **Arugula & Lettuce:** Store 2-5 days in the fridge, depending on the variety; place in a perforated plastic bag, loosely wrapped in a damp paper towel or place in an airtight container.
- **Spinach:** Store 4-5 days in the fridge.

Kid-Friendly Eating Tips

- Give arugula pesto a try as a sandwich spread!
- Use bib or butterhead lettuce as a wrap.
- Sauté chard, collards, pac choy or spinach with garlic, olive oil, salt, and pepper; serve it on its own or add to scrambled eggs, soup, or a baked dish.
- Toss pea or sunflower shoots in with a pasta dish or potato salad.
- Taste test a variety of dressings on any type green.

Cooking Tips

- To avoid spoilage, wash greens right before use; use a large basin to rapidly immerse, then shake leaves or use a colander. A salad spinner will remove the most moisture.
- Arugula can be eaten raw or cooked.
- Spinach cooks quickly (1-3 minutes) and reduces considerably in volume.
- Limp greens can be revitalized by plunging them into ice cold water.

RECIPES

Honey-Dijon Vinaigrette Dressing

Yield: ½ cup

Ingredients:

6 Tbsp. olive oil
2 Tbsp. cider vinegar
2 tsp. honey
1 tsp. fresh grated ginger,
or ½ tsp. dried ginger
1 tsp. dijon mustard
½ tsp. garlic, minced
salt and pepper, to taste

Directions:

1. Mix together all ingredients, pour over salad.
2. Be sure to shake up the dressing before you pour.

Sesame-Soy Dressing

Yield: ¾ cup

Ingredients:

½ cup canola oil
½ cup rice vinegar
¼ cup soy sauce
1 tsp. sesame oil
1 tsp. honey
¼ tsp. pepper
optional: fresh chives

Directions:

1. Mix together all ingredients, pour over salad.
2. Be sure to shake up the dressing before you pour.