Easy Ways to ……
Enjoy Fresh Greens

1. Buy

- Choose greens with crisp, bright leaves with no yellow or brown spots.

2. Store

- Before storing:
  - **Lettuce and salad greens:** Wrap leaves in a dry paper towel.
  - **Bunched greens with stems (kale, collard greens):** Chop off ends of stems and wrap ends in a damp paper towel.
  - **Herbs:** Wrap entire bunch in a slightly damp paper towel.
- Keep all greens in the refrigerator, unwashed, in a sealed plastic bag.

3. Wash

- Place greens in a bowl and cover with water.
- Shake greens under the water to loosen any dirt. Allow dirt to settle.
- Gently lift out greens and discard water. Repeat as needed.

4. Prepare

- Sauté onions and garlic in oil. Add leafy greens and cook until tender.
- Blend spinach or kale with frozen fruit to make a smoothie or with beans to make a delicious dip.
- Add chopped leafy greens to soups, stews and pasta sauces. Cook until tender.
- Add fruits, other vegetables, nuts or beans to raw chopped greens for a hearty salad.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at facebook.com/eatinghealthynyc
For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."
For healthy recipes, visit jsyfruitveggies.org.

NYC Health

Just Say Yes to Fruits and Vegetables

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