

Leafy Greens 1-2-3

1. Buy fresh!

Find greens with crisp, bright, green leaves with no yellow or brown on the ends or stems.

2. Store in the refrigerator



-**Lettuce and salad greens:** Wrap in paper towel, place in a plastic bag and seal.

-**Bunched greens with stems (kale, collard greens):** Chop off end of the stem. Wrap **just the end** in a damp paper towel and seal in a plastic bag.

-**Herbs:** do NOT rinse. Wrap entire bunch in a (barely) damp paper towel, place in plastic bag and seal.



3. Wash and enjoy!

-Place greens in a bowl and cover with water.

-Shake greens under the water to loosen any dirt. Allow dirt to settle.

-Gently pull out greens and discard water. Repeat as necessary



Just Say Yes to Fruits and Vegetables



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