



PREPARING GREENS

Separate Stems: Cut out the stem with a knife or strip off the leaf with your hands. Stems can be eaten but need more time to cook to become tender. Cut them into thin pieces and start cooking them before the rest of the leaf.

Chop leaves: Stack the leaves and cut them into bite-sized pieces.

Wash leaves: Rinse in a colander under running water without soap. Dry in a spinner or with a towel.

STIR FRY

Best For: Asian Greens (such as Bok Choy) and Cabbage

How: Heat oil in a large pan over high heat.

Cook greens for 1 minute or until tender.

Notes: This is the fastest and hottest method.

It browns greens and preserves the crunch

SAUTE

Best For: Arugula, Beet Greens, Chard, and Spinach

How: Heat oil in a large pan over medium-high heat.

Add greens and stir often. Cook until wilted (2-5 minutes)

Notes: This fast method uses higher heat to cook juicy greens so they do not become soggy.

FAST BRAISE

Best For: Cabbage

How: Heat oil in a large pot over medium heat.

Add thinly chopped greens and stir often until lightly browned. Add 1/2 cup liquid for every pound of greens. Simmer covered until wilted.

Notes: This method is good for cabbage because it is easily overcooked which causes unpleasant odors.

PAN STEAM

Best For: Collards, Kale, Mustard, Radish, and Turnip Greens

How: Heat oil in large pot over medium heat.

Add greens wet. Cover and cook until wilted (5-10 minutes).

Notes: This fast method preserves the hearty texture and flavor.

SOUP OR STEW

Best For: All

How: Add greens last to simmering soup, broth, or stew. Cook 1-2 minutes for stronger texture.

Or up to 20 for limp and tender.

Notes: This easy method allows you to cook until the greens taste best to you.

USE BUTTER OR OIL

For every pound of greens use 2 tablespoons. This can enhance flavor and prevent burning.

ADD FLAVOR

Start by cooking onion, leek, or garlic in the pan. Cook your greens, then add salt, herbs, or spices.