



Mustard Greens

Plant: Mustard Greens are a fast growing leafy vegetable similar to kale and cabbage but with a distinct horseradish-mustard flavor.

Grow: Begin soil prep and planting 3 weeks before last frost. Choose a site with rich, well-drained soil with full to partial sun. Broadcast seeds according to the package, and cover with $\frac{1}{4}$ - $\frac{1}{2}$ inch of soil. Gently water about twice weekly. Thin seedlings when 2-3 inches tall. A directly sown crop establishes faster and grows more vigorously. Continue sowing seeds every 3 weeks from fall into late spring.

Harvest: Harvest as microgreens, as young (less spicy) leaves at 2-3 inches or when a rosette of leaves forms (3-5" tall). Older leaves may be frozen for later use.

Mustard Greens, 1 cup, fresh	
Nutrition Facts	
Serving Size 1 cup, chopped 56g (56 g)	
Servings per container 1	
Amount Per Serving	
Calories 15	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 118%	Vitamin C 65%
Calcium 6%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Nutrition Information:

Greens are fiber-rich and nutrient packed with Vitamins A, C, K, and minerals calcium, iron, and potassium. Mustards are of many colors and flavors from pungent and sweet to hot and spicy. Depending upon the age of the leaves, they can be eaten as microgreens, salad garnishes or components of a stir fry.

How to Prepare:

The ruffled leaves harbor soil and insects; multiple rinses will flush the leaves clean. Trim the stems. Blanch trimmed, cleaned leaves in boiling water for 30 seconds then shock by plunging into an ice bath to stop the cooking process. Spin dry, refrigerate and use within 3 days. Greens may be eaten raw or steamed, braised with the addition of leeks, onions, garlic, broth, or vinegar.



Mustard Greens with Garlic

Yields: 4

Serving size: 3 oz

Ingredients

- 1 pound fresh mustard greens
- ¼ cup low sodium vegetable broth
- 1 Tablespoon olive oil
- 1 Tablespoon shallots, chopped
- 1 teaspoon garlic, minced
- 1 ½ teaspoons sherry wine vinegar (optional)
- Pinch of salt
- Freshly ground pepper to taste

Preparation

1. Trim stems of mustard greens and arrange in level stack. Cut in half lengthwise, then crosswise several times. Rinse thoroughly. Drain well.
2. In a skillet, heat olive oil. Add shallots. Sauté for 10 minutes.
3. Add garlic. Sauté for 5 minutes, being careful not to burn garlic.
4. In batches, add greens. Add next batch when previous batch begins to wilt. Add broth, salt and pepper.
5. Cover and cook over medium-low heat for 15 to 20 minutes or until greens are tender, stirring occasionally.
6. Stir in vinegar (optional)

Nutrition Facts per Serving:

323 calories, 3 g fat, 3 g carbohydrates, 2 g fiber, 15 g protein