Mixed Greens
Cafeteria | VermontHarvestoftheMonth.org

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

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.

Mini Activities
• Sauté several types of greens with fresh garlic, olive oil, salt and pepper to see what green students like best.
• Use any type of green to taste test several dressing types, such as Maple Balsamic Vinaigrette, Honey-Dijon Vinaigrette, Sesame-Soy, or Yogurt Ranch.

Recipes

Honey-Dijon Vinaigrette Dressing

Yield: 1 ½ cups

Ingredients:
1 cup olive oil
5 Tbsp. cider vinegar
3 Tbsp. honey
2 ½ tsp. fresh grated ginger or 1 tsp. dried ginger
2 ½ tsp. dijon mustard
1 ¼ 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: ~2 ½ cups

Ingredients:
1 cup canola oil
1 cup rice vinegar
¼ cup soy sauce
1 Tbsp. sesame oil
1 Tbsp. 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.
**Benefits**

- **Arugula:** An excellent source of vitamin A, B9 (folic acid) and C and the minerals magnesium, manganese and calcium. It is a very good source of vitamin B2 (riboflavin) and the minerals copper, iron and potassium.
- **Lettuce:** Most varieties are rich in B9 (folic acid) and the mineral potassium. Romaine lettuce is typically viewed as the most nutrient-rich. It is an excellent source of vitamin A, B1 (thiamine), B2 (riboflavin), B9 (folic acid) and C, as well as the minerals chromium and manganese.
- **Spinach:** An excellent source of vitamin A, B9 (folic acid) and C. It is a very good source of vitamin B2 (riboflavin) and the minerals iron, magnesium and manganese.

**Storage Tips**

- **Arugula and 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:** stores 4-5 days in the fridge.

**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. To freeze: Blanch for 2 minutes.
- Limp greens can be revitalized by plunging them into ice cold water.

**Selection Tip**

Choose firm, richly green leaves and avoid limp, yellowing or brown-edged greens.

**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 fresh 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.

**Sources:** High Mowing Seeds, The Encyclopedia of Healing Foods, The Visual Food Encyclopedia.