

Mustard Greens (Greens)

Interesting Facts: Mustard greens are the most pungent of the cooking greens and lend a peppery flavor to food. They originated in the Himalayan region of India more than 5,000 years ago. Like many other cooking greens, mustard can be found in many Chinese, African-American, and southern dishes. Mustard greens are also commonly referred to as Indian mustard, Chinese mustard, or leaf mustard.

How to select: Select fresh organic mustard greens that are plump and crisp and have a rich green color. The best mustard greens are harvested young and tender.

What to avoid: Avoid greens that are yellow, thick or fibrous, pitted or flabby. They can become toxic and grow fungus when older. Avoid cooking mustard greens in aluminum or iron pots as they will turn black on contact with these metals.

How to clean and store: Store in a plastic bag with the air removed. Mustard greens should keep in the refrigerator for 3-4 days. Wash greens just before using in a large bowl of lukewarm water in order to dislodge sand and dirt. Then cut off and discard the stems. You can remove the stems by folding the leaves in half and ripping out the stems. Don't dry the greens before cooking. The residual water will help them wilt as they cook.

How to prepare and use: Raw for Salads, Sauté, Cooked

Raw or Salads: The best mustard leaves for eating raw or for cooking are harvested young and tender. Consider the mustard green a sparing add-on to a green salad.

Sauté: In vegetable broth with garlic and onion until just tender, then top with walnuts and serve with beef, pork or lamb.

Cooked: Combine mustard greens with mashed potatoes or puréed legumes. Prepare mustard greens like spinach, but expect a stronger flavor.