

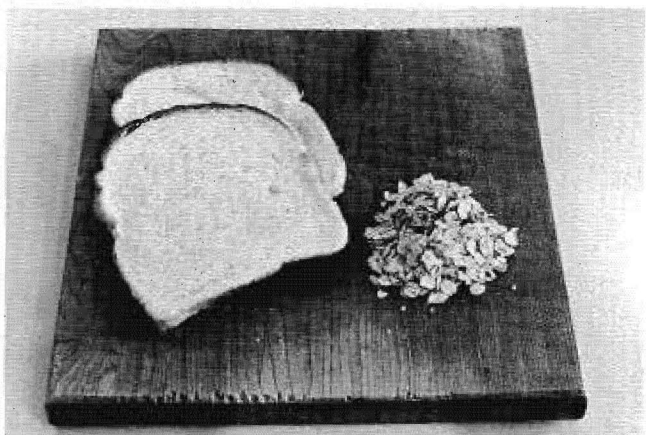
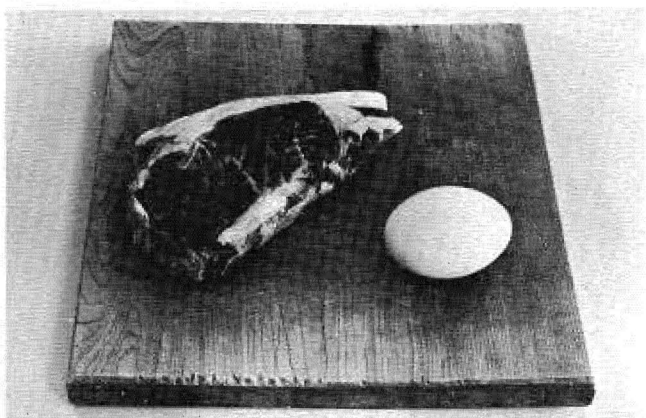
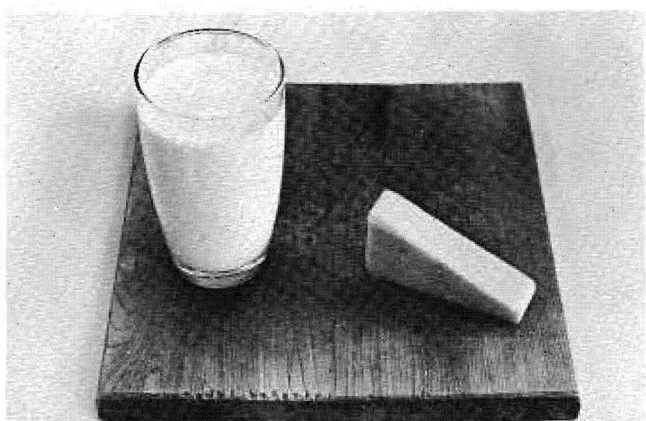
YOUR GREENS

Josephine Flory



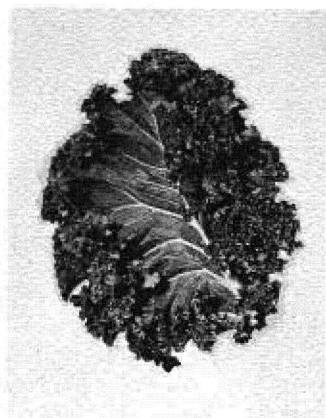
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YOUR GREENS

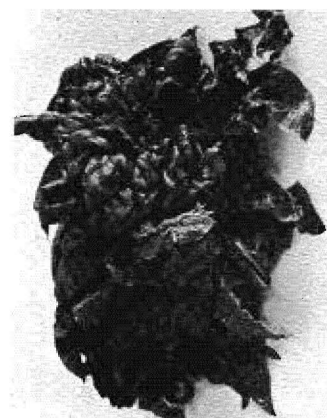
*Josephine Flory
Extension Food and Nutrition Specialist*



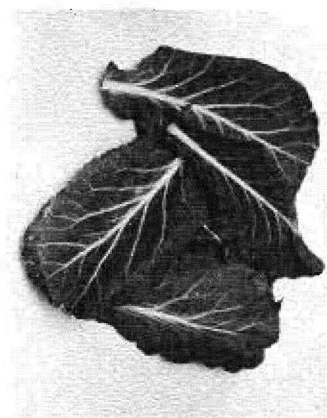
Kale



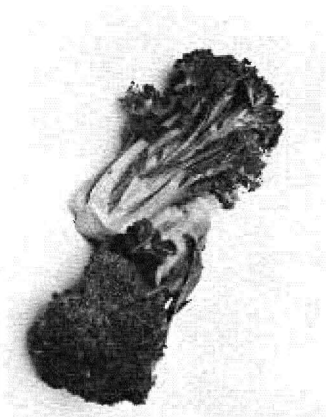
Turnip



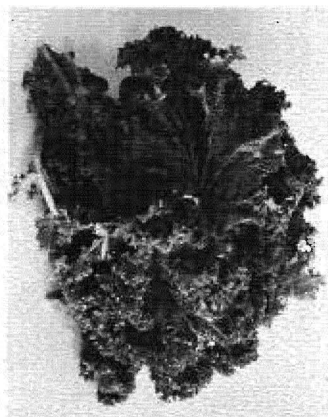
Spinach



Collards



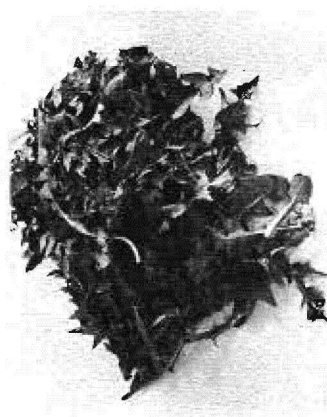
Broccoli



Mustard



Beet



Wild Greens

Greens

Are high in vitamin A which can give you

*healthy skin
protection against disease
better eyesight*

Are high in vitamin C (when raw) which can give you

*strong blood vessels
protection against sickness,*

Are high in roughage
for proper body functions,
make meals say:

"Have some."



To cook in water



1. Wash well. Lift from water.



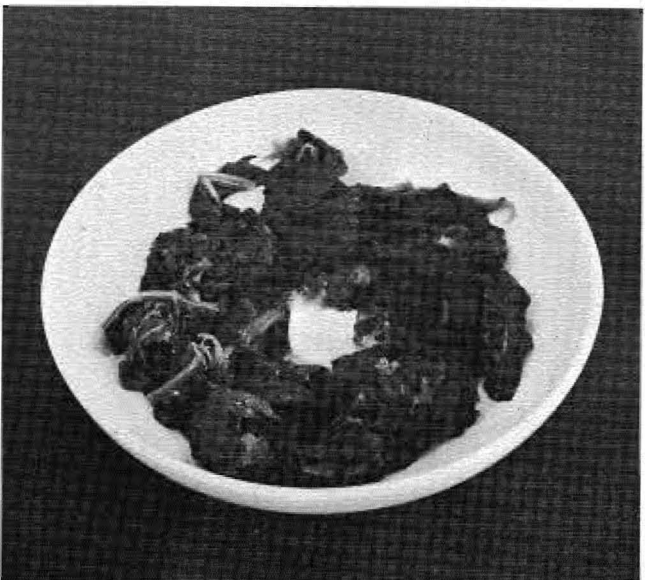
2. Place in pan. Water on leaves should be enough for cooking.



3. Add salt.



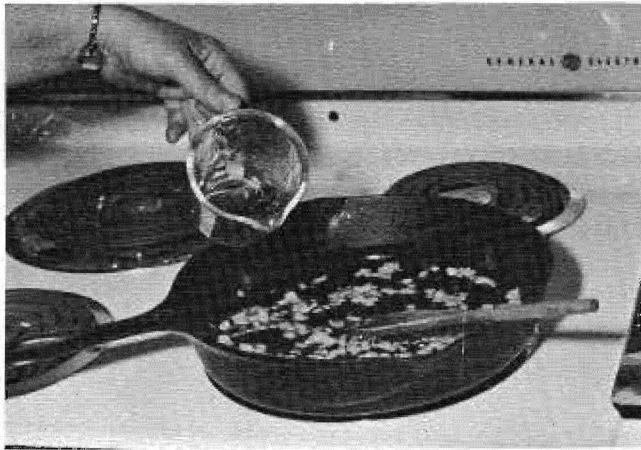
4. Cover pan.



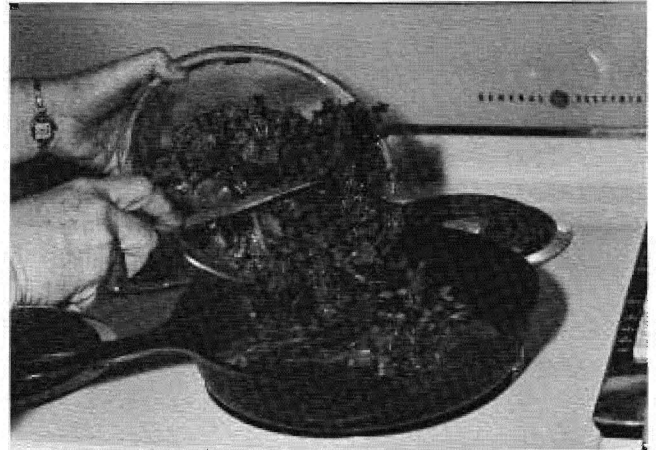
5. Cook until just tender. Avoid overcooking.

6. Season simply.

7. Serve right away.



Stir in vinegar.



Add greens.

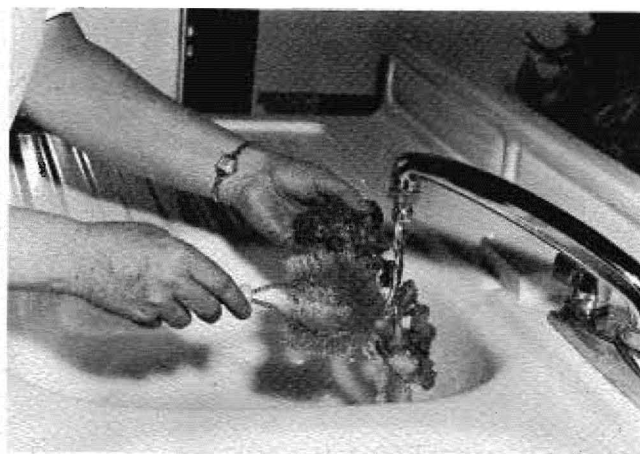


Cover and heat a few minutes until greens are wilted.

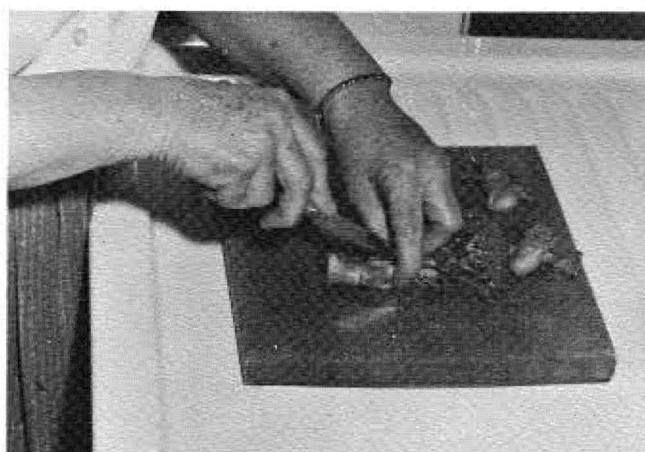


Season simply.
Serve hot

Broccoli —with cheese sauce (make first)



1. Wash well.



2. Cut into serving sized pieces.



3. Cook in boiling salted water

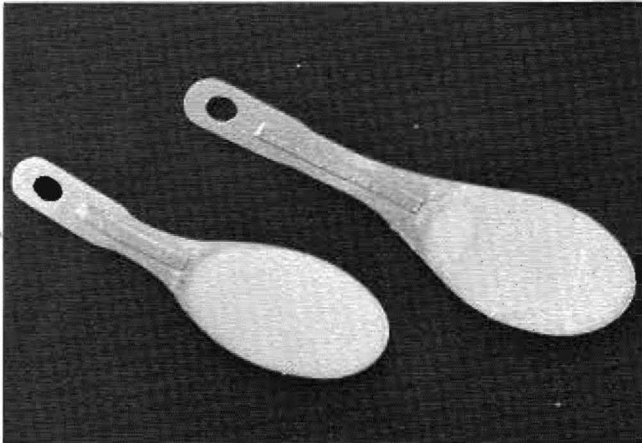


until tender—8 to 15 minutes.



Cheese sauce

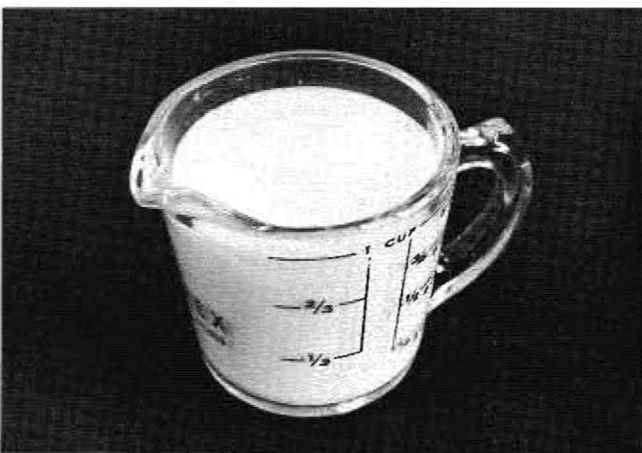
Drain and serve with cheese sauce.



2 tablespoons fat



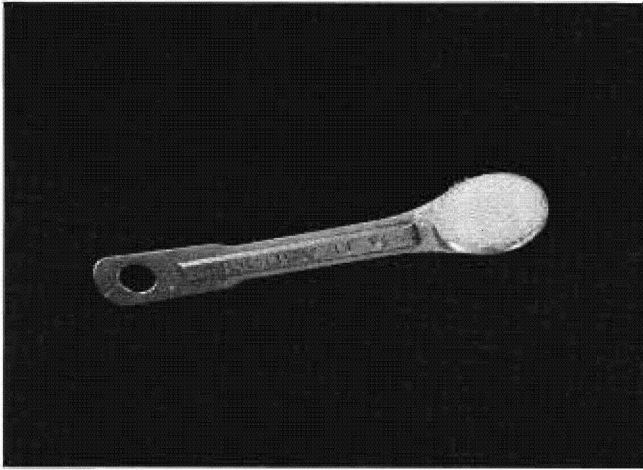
2 tablespoons flour



1 cup milk
OR



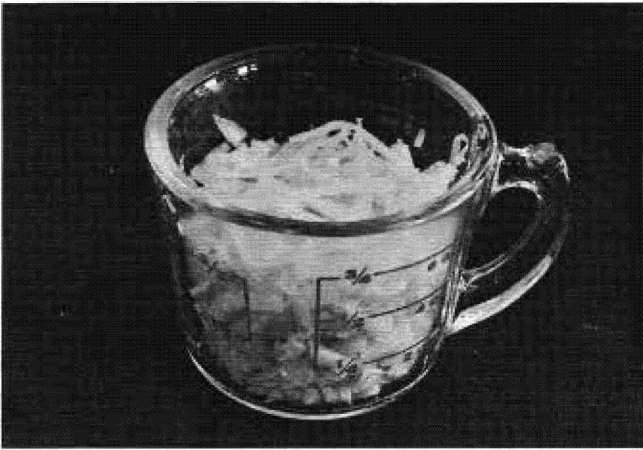
$\frac{1}{3}$ cup dry milk mixed with $\frac{3}{4}$ cup water
(mix spray dried non fat milk according to
directions on box)



$\frac{1}{4}$ teaspoon salt



few grains pepper



$\frac{3}{4}$ cup cheese, grated or cut into small pieces.



1. Melt fat.



2. Add flour mixed with salt and pepper.



3. Mix until well blended.



4. Let cook 1 to 2 minutes, stirring.
5. Add milk gradually, stirring.
6. Bring to boil.



7. Add cheese.
8. Stir and cook below boiling 1 to 2 minutes.

Wild greens

*Use raw in
Salad*



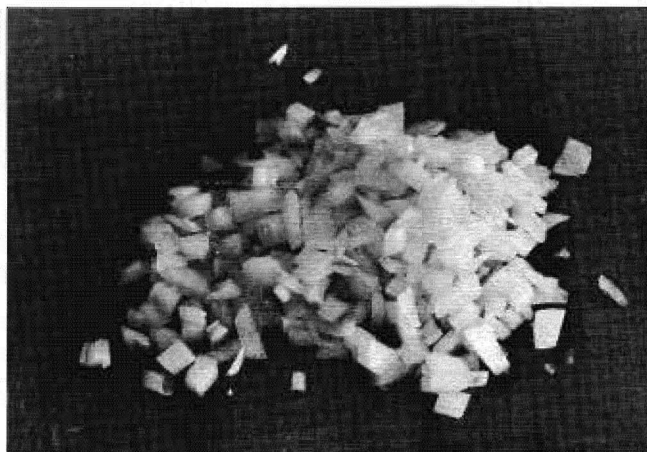
Mix:
2 cups finely shredded young dandelion
greens



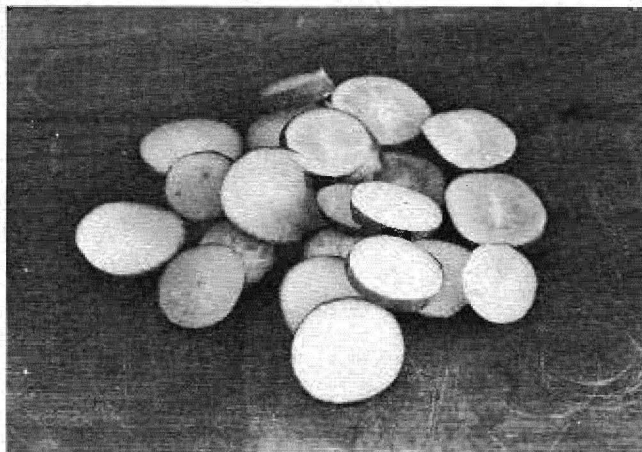
2 cups finely shredded cabbage



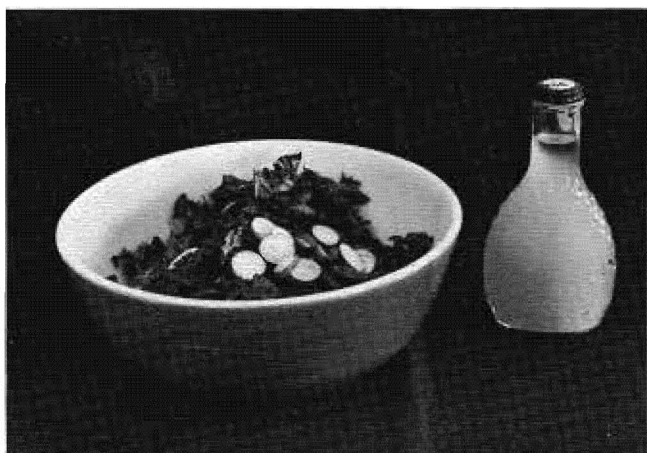
2 cups finely shredded spinach



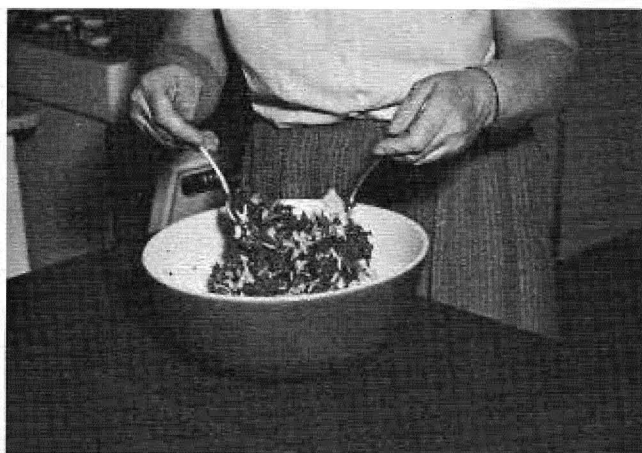
1 onion chopped fine



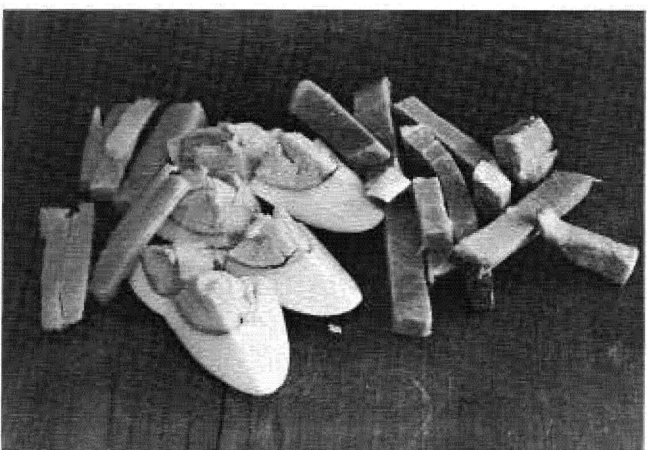
a few radishes sliced thin



Add French dressing.



Toss lightly to coat each piece.



To make this a main dish salad add:
Small pieces of ham, cheese, and hard cooked
eggs.

*Use cooked as
Vegetable*

Cook as other green leaves. Use small amount of boiling salted water. Cook until leaves wilt and are just tender. Season simply or cook as wilted greens.

**Try cooking
two or more
greens together!**