

TIPS FOR SELECTING, STORING, AND PREPARING LEAFY GREENS

How do I select leafy greens?

Select greens with crisp, fresh, bright leaves and no yellow or brown patches.

How do I store leafy greens?

Prior to storage,

- For salad greens and lettuce: use a dry paper towel to wrap the leaves.
- For any greens with stems (such as kale or collard greens): Remove any stems, and then wrap them in a moist paper towel.
- For herbs: wrap the whole bunch in a moist paper towel.

Then put any unwashed greens in a plastic bag and store them in the fridge.

How do I prepare leafy greens?

Prior to handling any food, it is essential to wash your hands. Add water to a bowl and the greens. Before submerging greens in water, shake them to remove any debris. Let the dirt settle. Carefully remove the greens from the water and set them aside. If necessary, repeat the steps. To make chopping greens easier, be sure to dry them properly after washing.

What should I do? Slice, chop, or rip?

It depends. Some leafy greens come with a thick stem that can be removed, then cut or slice to the appropriate size and shape. Rips are preferable to cuts when it comes to greens like kale and romaine. Tearing leaves can be a fun and safe activity to introduce toddlers to leafy greens.

选择、储存和处理绿叶蔬菜的技巧

如何选择绿叶蔬菜？

选择叶子清脆、新鲜、明亮、没有黄色或棕色斑点的绿色蔬菜。

如何储存绿叶蔬菜？

储存前，

- 对于沙拉菜和生菜：使用干纸巾包裹它们。
- 对于任何带茎的蔬菜（例如羽衣甘蓝或宽叶羽衣甘蓝）：除去所有茎，然后用湿纸巾包裹它们。
- 对于香草：用湿纸巾包裹整束香草。

然后将未清洗的蔬菜放入塑料袋中，然后存放在冰箱中。

如何处理绿叶蔬菜？

在处理任何食物之前，必须先洗手。将水倒入碗中，加入蔬菜。在将蔬菜浸入水中之前，先摇晃它们以除去任何杂质。并让杂质沉淀下来。然后小心地将蔬菜从水中取出并放在一边。如有必要，请重复这些步骤。为了更容易切菜，请在洗净后将它们彻底擦干。

我应该把菜切片、切碎还是撕菜呢？

这看情况。有些绿叶蔬菜有一根粗茎，可以简单地去除，然后可切成适当的大小和形状。对于羽衣甘蓝和生菜等绿色蔬菜，撕比切碎更便捷。对于幼儿来说，撕菜是一项有趣且安全的活动，通过这个活动可以向他们介绍绿叶蔬菜。

Eat Well, Stay Healthy!

吃得好，保持健康！

Vegetable Spotlight: Sword Lettuce/ A Choy

蔬菜聚光灯: 油麦菜/A菜



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SWORD LETTUCE/A CHOY WITH GARLIC (Serves 4)

蒜蓉油麦菜 /A菜 (4 人份)



INGREDIENTS

- 2 cups Sword lettuce/a choy
- 2 teaspoons Olive Oil
- 2 cloves Garlic, minced
- 3 tablespoons Water

配料

- 2 杯油麦菜 /A菜
- 2 茶匙橄榄油
- 2 瓣大蒜，切碎
- 3 汤匙水

DIRECTIONS

1. In a pot, over low-medium heat: add water and sword lettuce/a choy, steam for 3-6 minutes.
2. Remove the pot from the heat and drain any remaining water.
3. In a small skillet, over medium heat: sauté garlic in olive oil until golden brown.
4. Pour garlic and oil over sword lettuce/a choy. Serve warm.

步骤

1. 在锅中加入清水和油麦菜 /A菜，用中小火蒸 3-6 分钟。
2. 将锅离火，沥干剩余水分。
3. 在一个小平底锅中用橄榄油中火炒大蒜，直至金黄色。
4. 将大蒜和橄榄油浇在油麦菜 /A菜上。趁热享用。



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