



# Mustard Greens

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## What are they?

Mustard Greens are peppery tasting leafy greens that come from the mustard plant. They can be eaten raw or cooked. You can prepare them as you would prepare spinach, but expect a stronger flavor. They can have a sharp, biting taste like a strong radish. You can enjoy both the leaves and stalks at any time, but the best leaves for eating are the young and tender ones.

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## Storage Tips

Store Mustard greens in a tightly sealed plastic bag in the refrigerator for up to a week. Do not wash them until you are ready to use them. Mustard greens can be frozen by blanching and storing in the freezer for up to a year.

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## Usage Tips

Mustard Greens can be added into a salad or tossed with vinegar and oil. Sauté or steam them and serve with butter and fresh or dried herbs. Be aware that mustard greens will shrivel when cooked and be careful to avoid aluminum or cast iron pans when cooking these greens.

A Vegetable E-booklet



# RECIPES

## Mustard Greens Pesto

### INGREDIENTS

3-4 heaping handfuls mustard greens  
1-2 cloves garlic  
1 cup sunflower seeds  
1 cup olive oil  
Salt to taste

### INSTRUCTIONS

1. Grind sunflower seeds and garlic in a blender or food processor until mixture has a uniform consistency. Pour mixture into a bowl and set aside.
2. Pour oil into blender or food processor. Blend greens with oil one handful at a time, until mixture has a smooth texture.
3. Mix the greens oil and sunflower seed/garlic together. Enjoy on crackers, pasta or sandwiches.

## Spicy Sauteed Mustard Greens

### INGREDIENTS

2 tablespoons olive oil  
2 garlic cloves, minced  
2 heads mustard greens  
1/4 cup water  
2 T hot sauce (or Tabasco)  
salt to taste

### INSTRUCTIONS

1. Thoroughly rinse and dry the mustard greens. Tear the leaves from the stems and roughly chop.
2. In the largest pan you have, heat the olive oil over med heat. Saute garlic until fragrant, about 30 seconds.
3. Add in as many mustard greens as you can fit at one time. Pour in water & hot sauce.
4. Toss mustard greens with tongs until softened enough to fit rest of mustard greens. Keep tossing until softened, about 2 minutes total. Season with salt to taste.

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