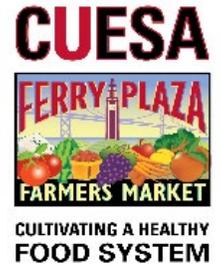


FERRY PLAZA FARMERS MARKET

GUIDE to GREENS



Here is a selection of some of the more common (and a few unusual) greens you'll find at the Ferry Plaza Farmers Market. Although many greens can be found in the market all year, they are most abundant in the spring, with over 40 types available. You can find a list of the farms that grow greens at the end of this guide and discover more varieties and recipes at www.cuesa.org.

To store greens, we recommend keeping them in a container, plastic bag, or salad spinner in the refrigerator. You can also wrap them in moist towels and keep them in the crisper.



Amaranth greens: Though often a deep reddish color, these "greens" are eaten when young and have a slightly sweet flavor. They can be cooked like spinach. Unless they are very young, it's best to chop them before cooking.



Chard: Chard has wide, fan-like leaves and a thick, crunchy stalk that comes in a variety of colors. It can be eaten raw, but cooking makes it sweeter and less bitter. The stems take longer to cook than the leaves, so throw them into the pot first.



Arugula: This delicious leafy plant enhances any salad with its peppery flavor. Arugula is great on pizza (added at the end of baking) or sandwiches. Look for freshly cut arugula with firm and tender green leaves. The more mature leaves have a more pungent bite.



Collards: Collards belong to the Brassicaceae family, making them an excellent choice in the cooler months. Their blue-green leaves are broad and smooth in texture, and their size makes them a good tortilla substitute for wraps.



Beet greens: Beet greens are rarely sold on their own—they come with the roots when purchased by the bunch. Similar in taste to chard and spinach, the leaves are flat with ribs that match the color of the beet and are generally steamed, sautéed, or braised.



Cress: Cress is closely related to the mustard plant and, like its relative, it is a fast-growing herb with a tangy, peppery flavor. It is generally cultivated in warmer climates with moist soil. Its leaves are commonly used in salads and sandwiches or as a garnish.



Broccoli rabe: Popular in Italian, Chinese, and Portuguese cooking, broccoli rabe, or rapini, has many jagged-edged leaves and a bud that resembles broccoli, sometimes with small, yellow flowers that are also edible. The taste is similar to broccoli but more bitter.



Dandelion greens: These greens have a bitter flavor that mellows when cooked. They are delicious steamed or braised and can be used in place of spinach. They also make a complex and spicy addition to your favorite grilled cheese sandwich.



Fava greens: Fava greens are similar to young spinach, but the leaves are thicker, with a milder flavor. The leaves are most tender early in the season, which lasts through the end of spring. Add them to salads or cook them in pasta or eggs.



Nettles: Nettles have long been used as a medicinal herb. When cooked, the leaves have an earthy flavor and become very soft, making them perfect for blending into a soup. Be careful when handling raw nettles; blanching or cooking them will remove the sting.



Kale: Kale can be eaten raw (adding a punch to salads) or cooked. Look for crisp stalks and unwilted leaves. Varieties available at the market include Green, Curly, Lacinato (“Dino”), Red Russian, Redbor, Siberian, and Spigarello.



Pea shoots: Typically available in the spring, pea shoots are the leaves that adorn the common pea plant. They are bright green, crisp, and taste much like their namesake. Enjoy them raw or cooked, paired with meat, beans, and pastas.



Lettuce: Usually eaten raw, lettuce has tender leaves with a crunchy rib. There are six common cultivar groups for lettuce—butterhead, Chinese lettuce, iceberg, looseleaf, romaine, and summer crisp—but hundreds of varieties exist within each of these categories.



Orach: Also called mountain spinach, this bright magenta vegetable has a mild chard-like flavor but tastes saltier than most greens. It can be eaten raw in salads or cooked like spinach. Like beets, it can color a whole dish pink!



Mizuna: This Asian green, a member of the mustard family, has delicate, frond-like, bright green leaves. Mizuna is a very hardy plant (both heat and cold tolerant) with a characteristic fresh peppery-cabbage flavor.



Spinach: Spinach has been cultivated for over 2,500 years. It is full of iron, calcium, fiber, and vitamins A and C. It also contains folic acid, chlorophyll, and antioxidants. It has a subtle yet assertive flavor, often with iron or metallic notes.



Mustard greens: These flavorful, spicy greens come from the same plant that makes mustard seed. Mustard leaves can be flat, crinkled, or ruffled, and can take on a number of colors, including beautiful reds and purples.



Tatsoi: An Asian green also known as spoon mustard, tatsoi has dark green spoon-shaped leaves, a soft creamy texture, and a subtle yet distinctive flavor. Tatsoi is a great addition to salads or stir-fries.

Learn more about greens and find recipes at www.cuesa.org. Look for greens at these farms: Capay Organic, Chue’s Farm, County Line Harvest, Dirty Girl Produce, Eatwell Farm, Everything Under the Sun, Four Sisters Farm, Green Gulch Farm, Heirloom Organic Gardens, Iacopi Farm, Knoll Farms, Little Organic Farm, Marin Roots Farm, Star Route Farms, Tierra Vegetables

SUPPORT LOCAL FARMS at the FERRY PLAZA FARMERS MARKET
Year-Round, Rain or Shine | Saturday 8 am–2 pm | Tuesday & Thursday 10 am–2 pm