

# Mixed Greens

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Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

## Kid-Friendly Eating Tips

- Give arugula pesto a try as a sandwich spread!
- Use bib or butterhead lettuce as a wrap.
- Sauté chard, collards, pac choy or spinach with garlic, olive oil, salt, and pepper; serve it on its own or add to scrambled eggs, soup, or a baked dish.
- Toss pea or sunflower shoots in with a pasta dish or potato salad.
- Taste test a variety of dressings on any type green.

## Storage Tips

- **Arugula and Lettuce:** store 2-5 days in the fridge, depending on the variety; place in a perforated plastic bag, loosely wrapped in a damp paper towel or place in an airtight container.
- **Spinach:** stores 4-5 days in the fridge.

## Tidbit

The versatility of greens, in flavor, shape and application, is enormous! They can accompany any type of dish and, many varieties can be eaten raw or cooked. No matter what the season, fresh greens can end up on your plate.

## Cooking Tips

- To avoid spoilage, wash greens right before use; use a large basin to rapidly immerse, then shake leaves or use a colander. A salad spinner will remove the most moisture.
- Arugula can be eaten raw or cooked.
- Spinach cooks quickly (1-3 minutes) and reduces considerably in volume.
- Limp greens can be revitalized by plunging them into ice cold water.

## Recipes

### Honey-Dijon Vinaigrette Dressing

**Yield:** ½ cup

#### Ingredients:

6 Tbsp. olive oil  
2 Tbsp. cider vinegar  
2 tsp. honey  
1 tsp. fresh grated ginger,  
or ½ tsp. dried ginger  
1 tsp. dijon mustard  
½ tsp. garlic, minced  
salt and pepper, to taste

#### Directions:

1. Mix together all ingredients, pour over salad.
2. Be sure to shake up the dressing before you pour.



### Sesame-Soy Dressing

**Yield:** ¾ cup

#### Ingredients:

½ cup canola oil  
½ cup rice vinegar  
¼ cup soy sauce  
1 tsp. sesame oil  
1 tsp. honey  
¼ tsp. pepper  
optional: fresh chives

#### Directions:

1. Mix together all ingredients, pour over salad.
2. Be sure to shake up the dressing before you pour.



Honey-Dijon Vinaigrette Dressing

Sesame-Soy Dressing