

How to Wash and Store Fresh Greens



What are greens?

Any green leafy vegetable eaten raw or cooked that must be washed before eating.

Wash the greens but don't waste water. Here's how:

1. Place greens in a bowl large enough to allow them to be fully covered in cold water. Don't pack them tightly.
2. If the greens are really dirty add a teaspoon of salt to the rinse water.
3. Swish the greens around to loosen dirt.
4. Gently pick up greens and place in a colander.
5. Pour out water and refill bowl with cold water.
6. Rinse greens again, swishing them around in the cold water.
7. Again, gently pick up greens and place in a colander.

Drying the greens:

Now the greens are ready to be wrapped in a clean cotton kitchen towel. Lay them out in a single layer. Gently roll the greens up in the towel to absorb the extra water.

If you have a salad spinner, you can remove even more water before wrapping the greens in the towel. You don't want wet greens when you are making a salad or the dressing won't stick to the leaves.

Storing the greens:

Wrapping the greens in a towel and then placing them in a plastic bag is a great way to store them so they are ready to use later.

Greens can be stored this way for several days, allowing you to have ready-made salad mix, braising greens or other leafy vegetables.

When I bring my greens home I wash and store them immediately. If your veggies are ready to go, you're more likely to make a salad or veggie dish when you're in a hurry to get dinner on the table.

Check out your **Veggie Tip Sheets** for more ideas about how to prepare and enjoy fresh greens.

Look under:

Braising Mix, Lettuce, Mustards, Kale, Spinach, Chard, Beet Greens, Collard Greens...

Can you think of more?