



Eat your greens

Spring is fresh greens season. Lettuce, kale, arugula, swiss chard, and spinach are among the first fruits of the garden due to their cold tolerance and rapid growth.

While they are easy to grow, their delicate leaves and short shelf life mean they won't last long in your fridge. How you clean and store them will determine whether you get a crisp salad or a bitter bite.

When properly handled and prepared, spring greens are a healthy source of vitamins A and K, plus calcium, potassium, and a wealth of phytochemicals.



Here is what you need to know to get the most out of your spring greens:

PLAN TO EAT THE GREENS WITHIN A DAY OR TWO:

- Separate the leaves and soak them in an ice-water bath once you get them home. The ice-cold water will keep them crisp and help prevent nutrient loss.
- Pat the leaves dry or spin in a salad spinner to remove excess moisture.
- Store clean, dry greens in a sealed container or bag.
- Eat within a few days.

PLAN TO HOLD THE GREENS FOR SEVERAL DAYS BEFORE EATING:

- Wait to wash them until you are ready to eat them.
- Rinse with water, or soak in an ice water bath to refresh the leaves.
- Pat dry or spin in a salad spinner to remove excess moisture.
- Gently tear leaves into bite-sized pieces and use immediately.