



Because Life Should Be Beautiful™

Greens

Greens is a term to describe a broad group of leafy vegetables that can be eaten fresh to being cooked many different ways depending on type of greens.

Arugula

Arugula, variously called rocket, roquette, rucetta and rucola, is a member of the big Cruciferae family and a relative of the radish, turnip, and watercress. While the versatile green has long enjoyed widespread appeal throughout the Mediterranean, it has gained acceptance only recently in the United States, where cooks now like to mix it with other salad greens, add it to a beet salad, or pair it with goat or blue cheese, figs, tomatoes, or citrus. Its American name, arugula, may be a mangled version of the Italian rucola or perhaps is taken directly from the southern Italian dialect. Nobody knows for sure. Wild rocket used to refer to the type foraged in the Mediterranean, but today the term refers to a garden species (*Diplotaxis eruroides*). It tends to have more stem to leaf, and its leaf tends to be sharper and slimmer and often more peppery.

Plant in sun with average well drained soil. Plants are quick growing and need regular supply of water and nutrients.

Plant in succession for a constant supply. Harvest until plants begin to bloom.

Arugula's pale ivory blossoms are a springtime reward that not only make delicate additions to salads and to pizzas fresh from the oven, but also beautiful bouquets. Food writer Deborah Madison explains that the cream colored blooms have tiny blood-red veins with four single petals in the shape of a cross, the perfect symbol for this crucifer.

For storing, rinse, dry, and place in a zippered plastic bag, force out all of the air before sealing. Store in the vegetable bin of the refrigerator for 4 -5 days.

For preparing, once cleaned, check for any wilted or discolored leaves, and break off any tough stems. While arugula is most often consumed raw, either in salads or as a finishing touch on beans, pizzas, and pastas, it can also be sautéed (especially if it is a little tough). It has also been popular to serve meat, chicken, or fish on a bed of fresh you arugula.

Collards

Collard greens are very popular in the American South, where most of the American crop is grown. The leaves are oval and need to be removed from the stalk before cooking. The leaves are chewy unless cooked for a long time. The flavor can be mild