



Mustard Greens

Growing & Harvest Info

Mustard greens are fast growing, cool weather crops. Start seeds outdoors 3 weeks before your last frost date. Plant each seed just under the soil about a half inch apart in an area with plenty of sun.

Look for leaves with green color; avoid yellowing, blemishes, withering, or wilting. Stems should be freshly cut; avoid thick, dried out, browned, or split.

For Salads: Snip young leaves.
For Stir-Fries: Snip leaves when 6" or longer.

Keep snipping. Eventually, plants will flower (with edible buds) and go to seed, then flavor gets stronger.

Introduction

Mustard greens originated in India's Himalayan region about 5,000 years ago. Many people enjoy the kick they get from this cruciferous vegetable's peppery, strong, bitter, or pungent flavor.

Preservation

Storage:

- Gently wrap unwashed leaves in paper towels and store loosely in plastic bags. Keep moist and cool in lower part of refrigerator in high-humidity bin.

Freezing:

- Wash mustard greens, trim stem ends, and cut into 1-inch pieces or leave whole.
- Prepare ice water bath in large, 5-quart container or sink.
- Blanch, no more than one pound at a time, for 3 minutes. In large pot with tight fitting lid, bring 5 quarts of water to rolling boil. Add mustard greens and immediately cover with tight fitting lid. Remove greens from boiling water with slotted spoon or blanching basket.
- Immerse mustard greens in ice water bath for 5 minutes or until cooled. If no ice, use several changes of cold water or running cold water. Remove from water and drain.
- Pack cold mustard greens in zip-closure freezer bags or freezer containers. Squeeze out as much air as possible before sealing.
- Label and date each container or bag. Immediately place in freezer, allowing 1" space around each container until frozen. Keep frozen at 0 degrees F or below.
- Blanching water can be used over and over again. Add more water, if necessary. Always bring water back to rolling boil before blanching more vegetables.

Nutritional Benefits

Mustard Greens

Source	Rating
Vitamins	EXCELLENT
Minerals	GOOD
Fiber	GOOD

Vegetable state	Use by
Raw	5 days
Frozen	1 year
Canned	1 year



Mustard Greens

Mustard Greens have high antioxidant nutrients, anti-inflammatory nutrients, and the ability to lower risk of a variety of cardiovascular risks.

Prepare Mustard Greens Like This:

Boiled Sautéed
Braised Slow-Cooked
Microwaved Steamed
Pickled

Try Mustard Greens In:

Dips
Omelets
Pastas
Salads
Soups
Stews
Stir-Fries

Preparation

Recipe 1: Sautéed Mustard Greens with Garlic and Lemon

Serves 8 people

Ingredients

- 2 tablespoons olive oil
- 4 garlic cloves, thinly sliced
- 3 pounds mustard greens, washed, trimmed, and chopped (about 24 cups)
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon crushed red pepper
- 3/4 teaspoon kosher salt
- 3/4 teaspoon black pepper

Directions

- Heat oil in a cooking pot with a tight fitting lid
- Add garlic; cook, stirring often, until garlic is golden brown and crispy (about 1 minute)
- Stir in greens, in batches; cook until wilted (1-2 minutes) before adding more greens
- Cover and cook, stirring occasionally, until tender-crisp (10-12 minutes)
- Stir in lemon juice and 1/4 teaspoon crushed red pepper
- Sprinkle with salt and pepper

Recipe 2: Wilted Mustard Greens

Serves 12 people

Ingredients

- 4lb mustard greens, stems discarded
- 2 large garlic cloves, minced
- 3 tablespoons unsalted butter
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions

- Cook mustard greens in 2 batches in a pot of boiling salted water, stirring to submerge, until wilted and tender (5 min)
- Transfer with tongs to a large bowl of cold water
- Drain in a colander and coarsely chop
- Cook garlic in butter in a pot over low heat, stirring until softened (about 2 min)
- Add boiled greens, salt, and pepper and cook, covered, stirring occasionally, until heated through (5 min)