

EVERBLOSSOM FARM RECIPES

BRAISED GREENS BY JODÉ LEMMON

Here's a suggestion for cooking up **Kale, Collard Greens, and Asian Greens.**

Kale is a leafy member of the cabbage family. Ours is an American variety with dark frilly leaves. When braised, it becomes tender without losing its texture. A mixture of greens makes things more interesting, so try this tasty way to serve your greens as part of a warm meal.

Braised Greens

Serves 4

2 large handfuls kale leaves, stemmed and cut into large pieces
2 large handfuls collard greens, stemmed and cut into large pieces (or spinach)
4 tablespoons olive oil
2 large cloves garlic, minced
Salt & pepper
1 large handful of Asian greens (or try arugula)
Juice of ½ a lemon

Set the kale and collards in a colander and rinse. Don't dry the leaves.

Heat the oil in a large sauté pan set over medium-high heat. Add the garlic and cook only until lightly colored. Add the wet kale and collard leaves. Turn the heat to medium and cover. Braise until tender but not mushy (about 10 minutes). The water in and on the leaves should be enough liquid to braise them, but check occasionally and add more water if necessary. Season with salt & pepper and stir.

Remove from heat. Add the Asian Greens and squeeze in the lemon juice. Stir once more and check the seasoning again. Serve immediately.

Kitchen Notes: This recipe also works well with chicory, spinach, and swiss chard as substitutes for the Kale and collard greens. And, try using arugula or mustard greens in place of Asian greens.

FROM OUR FIELD TO YOUR FAMILY, SERVING SUGGESTIONS FOR THE NATURALLY-GROWN VEGETABLES WE ALL LOVE.

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