



# HARDY GREENS

## What is It?

- Hardy greens are leafy green vegetables that can grow in cold conditions.
- Many hardy greens are even tastier when it gets cold because the plants make extra sugars to protect their leaves from freezing.
- Hardy greens have calcium and vitamin K, which are important nutrients needed for healthy bones.
- There are many different types and varieties of hardy greens, with over 50 varieties of kale, and over 400 varieties of cabbage!
- Lacinato kale is also called dinosaur or dino kale for its bumpy leaves that look like dinosaur skin.
- Cabbage, collards, and kale are all in the brassicaceae family with broccoli and cauliflower. Chard is in the amaranthaceae family with spinach and beets.



## Grow It

- Baby chard, collards, and kale are great choices for a school garden because they can be planted and harvested in the spring or fall. Cabbage may also be a good choice but requires more careful planning, as it takes 50 to 100 days to mature and is typically harvested during the summer months.
- Plant seeds directly in the garden or container five weeks before the last frost to two weeks after the last frost. For fall plantings, plant six to eight weeks before forecasted first frost. Most varieties will do well in containers at least eight inches wide and eight inches deep.
- Kale, chard, and collards can be picked and eaten at any stage of growth. Remove the outer leaves while they are small (no more than eight inches long) and tender, and leave the rest of the plant to grow new leaves. Clip leaves at the base, close to the stalk. For best flavor, harvest early in the morning or after a frost— cold makes the plants sweeter.
- Cabbage heads should be harvested whole when they are firm. They are ready when the outer leaf begins to fold back and they are the expected size for variety.



**Make It**

**Recipe: Potato, Black Bean, and Kale Skillet**  
**Yield: 4 servings**

Ingredients	Directions
<ul style="list-style-type: none"><li>• 4 red potatoes</li><li>• 2 1/2 cups roughly chopped kale (approximately 6 ounces)</li><li>• 2 tablespoons olive oil</li><li>• 1 clove garlic, minced</li><li>• 1/4 cup chopped onion</li><li>• 1 teaspoon chili powder</li><li>• 1/4 teaspoon salt</li><li>• 1/8 teaspoon cayenne pepper (optional)</li><li>• 1 15-ounce can of no-salt-added black beans, drained and rinsed</li></ul>	<ol style="list-style-type: none"><li>1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.</li><li>2. Dice potatoes into 1/4-inch pieces.</li><li>3. Heat oil in large skillet over medium heat. Add garlic and onions. Cook 2–3 minutes until they’re just starting to brown.</li><li>4. Add diced potatoes, chili powder, salt and pepper (if desired) to skillet. Cover with lid and cook 8–10 minutes, stirring occasionally.</li><li>5. Add chopped kale and black beans. Cook about 3–5 more minutes, stirring gently.</li></ol>

This recipe was adapted from [Wisconsin Harvest of the Month](#).



Curly green kale, credit: WSDA



**Make It**

**Recipe: Rainbow Coleslaw**  
Yield: 12 servings

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 1 cup purple cabbage, thinly sliced</li> <li>• 2 cups green cabbage, thinly sliced</li> <li>• 1/2 cup yellow or red bell pepper, chopped</li> <li>• 1/2 cup carrots, shredded</li> <li>• 1/3 cup onion red, chopped</li> <li>• 1/2 cup mayonnaise</li> <li>• 1 tablespoon red wine vinegar</li> <li>• 1/4 teaspoon celery seed, optional</li> <li>• 1/2 cup low-fat cheddar cheese, cut into bite-sized cubes</li> </ul>	<ol style="list-style-type: none"> <li>1. In a large bowl, combine all the vegetables.</li> <li>2. In a small bowl, mix mayonnaise, vinegar, and celery seed (if desired) to make a dressing.</li> <li>3. Pour the dressing over the vegetable mixture and toss until well coated.</li> <li>4. Toss salad with cheese and serve chilled.</li> </ol>

This recipe was adapted from [eatFresh](#).

**Recipe: Green Smoothie**  
Yield: 12 servings

Ingredients	Directions
<ul style="list-style-type: none"> <li>• 1 cup hardy greens such as kale or chard</li> <li>• 1/2 banana</li> <li>• 1 cup chopped apple, or 1 cup fresh or frozen berries, any kind</li> <li>• 1 cup milk or milk substitute</li> </ul>	<ol style="list-style-type: none"> <li>1. Place all ingredients in a blender in the order listed.</li> <li>2. Blend until smooth and creamy. Add a little water if desired for a thinner smoothie.</li> </ol>

Chef's Tip:

- Use frozen fruit for a thicker, colder smoothie.

This recipe was adapted from [eatFresh](#).

## Eat It

- Hardy greens are extremely nutrient dense, which means they have a large amount of nutrients per serving. They are a good source of calcium and vitamin K, which support healthy bones. And they have dietary fiber, which helps you digest food and feel full.

## Read It

- The Trouble with Cauliflower, by Jane Sutton
- Monsters Don't Eat Broccoli, by Barbara Hicks
- The Boy Who Loved Broccoli, by Sarah A. Creighton
- The Vegetables We Eat, by Gail Gibbons

## Play It

Enjoy the coloring activity on the next page from Oregon Food Hero!

## Find It

- Washington hardy greens are available at many grocery stores. Check the product label or shelf tag to see where they were grown. Hardy greens are also commonly found at Washington state's many farmers markets, farm stands, and other local markets during throughout market season. Look for the edible flower shoots (also called rapini) at farmers markets in March and April.
- The leaves of hardy green should be crisp, and heads of cabbage should be firm. Look for greens with deeply colored leaves.
- Find a farmers market near you here: [Find a Farmers Market - Washington Farmers Market](#). Many farmers markets and vendors accept WIC Farmers Market Nutrition Program, WIC Fruit and Vegetable Benefit, and SNAP Market Match.
- Find local farms that sell hardy greens here: [Washington Farms](#) | [Local Farm Finder](#) | [Washington Food](#).



Rainbow Swiss Chard, credit: WSDA



Hardy Greens growing, credit: WSDA

Name \_\_\_\_\_

# Kale



I like kale because



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