



A GUIDE TO GREENS

Spinach, Romaine and iceberg lettuce might be the most popular leafy greens, but there are several other varieties to choose from. This guide explains the taste and flavor profiles of leafy greens, their key nutrients and how to include them when cooking.

Green Name	Taste/Flavor	Nutrition Highlights	Cooking Application
Arugula	Pepper	Calcium, Potassium, Folate, Vitamins C, K and A	Used raw in salads, sandwiches or wraps, as a pizza topper or cooked in soups
Beet greens	Mild and sweet, slightly earthy	Vitamins C, K and A, antioxidants	Used raw in salads, sauteed for a side dish or cooked in soups
Bok choy	Mild, cabbage-like	Folate, Vitamins C, K and A	Leaves: Used raw in salads Stems: cooked in soups or stir fries
Broccoli rabe (Rapini)	Pleasant to intensely bitter	Folate, Vitamins C and A	Sauteed as a side dish, cooked in soups or pastas
Butterhead lettuce (Bibb and Boston)	Buttery	Folate, Vitamins K and A	Used raw in salads, sandwiches or wraps
Cabbage	Mild and slightly sweet	Folate, Vitamin C, K, B6, antioxidants	Used raw in salads, slaws, sandwiches or wraps, cooked in soups or stews
Chard (Swiss & Rainbow)	Earthy and spinach or celery-like	Vitamins C, K, A and E, Magnesium, Iron, Potassium	Sauteed for a side dish or cooked in soups or pastas



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Green Name	Taste/Flavor	Nutrition Highlights	Cooking Application
Collard greens	Slightly bitter	Calcium, Folate, Vitamins C and A	Slow cooked or sauteed as a side dish
Dandelion greens	Punchy, bitter	Calcium, Vitamin K	Used raw in salads
Endive	Nutty and slightly bitter	Folate, Vitamins K and A, antioxidants	Used raw in salads, braised or roasted as a side dish
Escarole	Bitter and slightly sharp	Folate, Vitamins C, K and A	Used raw in salads, cooked in soups or pastas
Iceberg lettuce	Mild and sweet	Folate, Vitamins K and A	Used raw in salads, sandwiches or wraps
Kale	Peppery, slightly bitter	Vitamin K	Used raw in salads or cooked in soups or pasta
Mustard Greens	Zesty	Vitamins, C, K and A	Sauteed or braised for a side dish or cooked in soups or pastas
Radicchio	Earthy and spinach or celery-like	Vitamins C, K, A and E, Magnesium, Iron, Potassium	Sauteed for a side dish or cooked in soups or pastas
Romaine lettuce	Slightly sweet, earthy	Vitamins K and A	Used raw in salads, sandwiches or wraps, grilled, sauteed or cooked in soups
Spinach	Mild and slightly sweet	Iron and Folate	Used raw in salads, sandwiches, wraps or smoothies, sauteed or cooked in soups or stews
Turnip Greens	Strong, spicy	Folate, Vitamins C, K and A	Sauteed or cooked in soups, stews or pastas
Watercress	Bitter, slightly spicy	Vitamins K and C	Used raw in salads, sandwiches or wraps

