

Florida Food Fare

by Jean Meadows and Mary King
Family & Consumer Sciences
University of Florida / IFAS
Sarasota County Extension



Collards

Mustard

Greens: Collards, Mustard & Turnips

Description: Cooking greens have long been a popular food in the south, because of their interesting flavors, low cost and high nutritive value. There are primarily three types of greens used – collards, mustard greens and turnip greens. Kale may also be included with some people. All of these greens have large green leaves and some are curly, depending upon variety. Turnip greens also produce an edible root, which is white and often has a purple or reddish color on the top third of the root.

Availability: Greens are cool weather crops and will be found fresh in the local markets October through May, depending upon the heat. Peak season is October through March. Because of the high water content in greens they wilt easily and do not ship well, so they are seldomly available fresh locally during the summer months. They are available frozen and canned year round.

Nutritional Value: All of these greens are very low in calories, fat and cholesterol free, low in sodium and high in vitamin A. They are also good sources for riboflavin, potassium, calcium and iron. Mustard and turnip greens are also high in folate. A nutritive comparison of the greens shows the following values (not including added fat or other meat for flavoring):

1 cup cooked **mustard greens** contains: 15 calories, 2 g protein, 2 g carbohydrates, 2 g dietary fiber, 94% water, 303 RE vitamin A, 25 mg vitamin C, 73 mcg folate, 202 mg potassium and 74 mg calcium.

1 cup cooked **turnip greens** contains: 20 calories, 1.2 g protein, 4.4 g carbohydrates, 3.5 g dietary fiber, 93% water, 550 RE vitamin A, 27 mg vitamin C, 118 mcg folate, 203 mg potassium and 137 mg calcium.

1 cup cooked **collard greens** contains: 27 calories, 1.4 g protein, 1.4 g carbohydrates, 6 g dietary fiber, 92% water, 273 RE vitamin A, 12 mg vitamin C, 6 mcg folate, 131 mg potassium and 23 mg calcium

Selection and Care: Always choose fresh greens that are crisp looking with even color. Avoid those with yellow, wilted or pitted leaves or with thick, fibrous stems. Select young greens when possible.

They get tougher and stronger in taste as they mature. Greens are best when cooked within a day or two of purchasing but will keep in a ventilated plastic bag refrigerated for up to one week. Turnip greens sometimes present a dilemma in purchasing if you want to use the roots cooked with the greens. By the time the roots have grown large enough to have enough root to cook, the greens are probably tough and strong tasting. You may do best to buy the turnip greens and roots separately, rather than attached.

All of these greens freeze well after being cooked. If you cook a large pot of greens, more than you can use in 4-5 days, than place the remaining greens in vapor-proof containers and freeze. They will keep frozen up to 6 months.

Use & Preparation: Greens should be washed just before using. Be sure all of the sand and grit is removed. Because most greens are grown today using a mulch base they may not be holding much dirt. One or two rinsings in water is usually recommended to be certain all the grit is removed. You may wish to remove some of the fibrous stems before cooking, depending upon their tenderness. Southern greens are traditionally boiled with added flavoring of white bacon, ham or other pork. Smoked turkey wings or legs add good seasoning and are a good lower fat choice. Boullion or other vegetable stock can also be added.

These greens can be cooked separately are mixed together for cooking. Turnip roots are often peeled, sliced or chopped and cooked with the greens. Tradition in the Meadows' southern family is usually to cook collard greens by themselves, and mix the mustard and turnip greens, being sure to have some turnip roots to cook with the greens.

Pot "Likker" - The liquid in which greens have been cooked is called pot likker (liqueur). It is renowned for its nutritional value and can be used as an excellent vegetable stock for soups, as a soup in its own right, or traditionally to dunk corn bread.

Recipes:

Traditional Southern Greens

Use collards, mustard or turnip greens or mixture of two or all

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| 1/4 pound bacon slices or cubed salt pork* | 5-6 pounds fresh greens, trimmed. rinsed |
| 1/4 - 1/2 teaspoon dried crushed red pepper | 1 teaspoon salt |
| 2 quarts water | 2-4 turnips, peeled or sliced or diced, optional |
| 1 teaspoon salt, or less to taste | |

**Lower calorie substitute – 1-2 smoked turkey wings or legs*

Cook bacon in a large stockpot until almost crisp; remove bacon, reserving 2 teaspoon drippings in pot. Crumble bacon, and set aside. Bring water, salt and red pepper to boil in stockpot. Add greens, a few at a time. Sprinkle bacon or other meat to top of greens; cover and cook over medium heat 45- 60 minutes or until tender. Makes 6 to 8 servings. Southern greens are served with vinegar and/or hot pepper sauce, raw chopped onions and, of course, cornbread.

Collards and Blackeyed Peas Casserole

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| 2 teaspoons vegetable oil | 1/4 teaspoon vinegar |
| 1 small onion, chopped | 1/2 cup tomato sauce |
| 1/2 green bell pepper, chopped | 1/4 cup ketchup |
| 4 ounces mushrooms, sliced | 1 tablespoon molasses |
| 2 cloves garlic, minced | 3 tablespoons honey |
| 12 ounces collards, coarsely chopped | 1 1/2 teaspoons dry mustard |
| 2 cups cooked black-eyed peas | 2-4 drops hot pepper sauce |

In a medium saucepan add oil and warm over medium heat. Add onions, green peppers and mushrooms and saute for 5 minutes, or until the mushrooms begin to release their liquid. Add garlic and collards. Cover and cook, stirring occasionally, for 5 minutes, or until the collards are just wilted. Stir in remaining ingredients and mix well. Pour into a baking dish with covered lid and bake for 20 minutes at 350 degrees F. Serve hot. Serve with rice and/or cornbread.

Cream of Mustard Greens Soup

“Good ol’ country” greens made positively elegant in this delectable soup

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| 1 (1 pound) lean center-cut ham slice with bone | 1 cup chopped onion |
| 8 cups water | 1/3 cup butter |
| 1 large bunch fresh mustard greens, washed & finely chopped | 1/3 cup all-purpose flour |
| | 5 cups fat free half-and-half |

1/4 cup butter
2 cups chopped green onions
2 cups chopped celery

1/2 teaspoon salt
1/8 teaspoon hot sauce

Combine ham and water in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 3 hours. Remove ham, leaving liquid in Dutch oven. Reserve ham for other uses. Add mustard greens to Dutch oven, and cook, uncovered, 1 hour, stirring occasionally. Set mustard green mixture aside.

Melt 1/4 cup butter in skillet over medium heat; add green onions, celery, and onion, and cook, stirring constantly, until tender. Remove from heat. Position knife blade in food processor bowl; add onion mixture. Process until smooth, stopping occasionally to scrape down sides. Set aside.

Melt 1/3 cup butter in Dutch oven over low heat; gradually add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add half-and-half; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in mustard green mixture, pureed vegetables, salt, and hot sauce. Cook just until thoroughly heated (do not boil). Yield: 10 cups.

Mustard Greens

1 teaspoon minced garlic
1 can chicken broth
A few dashes of Worcestershire sauce

Tabasco sauce to taste
Mustard greens

Wash and coarsely chop the greens, removing tough stems. Put greens in pan and add garlic, chicken broth, Worcestershire sauce and Tabasco. Cover and cook over low heat until tender.