

Mustard Greens

Also a love it or hate it crop. Mustard greens come from varieties of brown mustard. Selected for their foliage rather than their seeds.



TIPS:

Storage: See the guidelines for storing greens in this handbook.

General Cooking Info: Baby mustard is good in salads and you'll find it in some of your salad mixes from the farm. If you're getting bunched mustard, cooking it is a better idea. Cooking will subdue the spicy flavor. See kale for more cooking info.

Growing info: Grown in the spring and fall.

Common Problems: See kale.



mustard comes in green and purple!



mustard flowers are pretty and edible

Sautéed Mustard Greens

1/2 cup thinly sliced onions
 2 cloves garlic, minced
 1 Tbsp olive oil
 1 pound mustard greens,
 washed and torn into large
 pieces
 2 to 3 Tbsp chicken broth or
 vegetable broth (vegetarian
 option)
 1/4 teaspoon salt
 1/4 teaspoon pepper
 1/4 teaspoon dark sesame oil

1 In a large sauté pan, sauté
 onions in olive oil over
 medium heat until the onions
 begin to brown and
 caramelize, about 5 to 10
 minutes. Add the minced
 garlic and cook a minute
 more, until fragrant.

2 Add the mustard greens
 and broth and cook until the
 mustard greens are just
 barely wilted. Toss with
 sesame oil. Season with salt
 and pepper.

Serves 4.

Pickled Mustard Greens

2 qts. water
 3/4 c. white vinegar
 1/2 c. coarse salt
 Fresh picked mustard greens,
 enough to can about 16 pts.
 Clean and wash mustard until
 thoroughly clean. Drain well.
 Cook until tender, drain again
 and pack in sterile jars.

Bring brine to boil, pour over
 mustard in jars. Seal and boil
 in hot water bath 15 minutes.

from Cooks.com

Balsamic-Glazed Chickpeas and Mustard Greens

*I'd say this fits into the
 category of warm dinner
 salads, but you could serve it
 as a side dish to up to four
 people.*

10 ounces mustard greens
 1/2 large red onion, thinly
 sliced
 4-6 tablespoons vegetable
 broth, divided
 4 cloves garlic, chopped
 1 pinch red pepper flakes
 1/2 teaspoon salt (optional)
 2 tablespoons balsamic
 vinegar
 1/2 teaspoon soy sauce
 1/4 teaspoon agave nectar or
 sugar
 1 cup cooked chickpeas,
 rinsed and drained

Remove any large stems
 from the greens and discard.
 Tear the leaves into bite-sized
 pieces.

In a deep pot or wok, sauté
 the onion in a tablespoon or
 two of vegetable broth until
 mostly faded to pink, about 4
 minutes. Add the chopped
 garlic and red pepper and
 another tablespoon of broth
 and cook, stirring, for another
 minute. Add the mustard
 greens, 2 tablespoons of
 broth, and cook, stirring, until
 greens are wilted but still
 bright green, about 3-5
 minutes. Stir in the salt, if
 using. Remove greens and
 onions from pan with a slotted
 spoon and place in a serving
 dish, leaving any liquid in
 pan.

Add the balsamic vinegar, soy
 sauce, and agave or sugar to
 the liquid in the pan (if there
 is no liquid, add 2
 tablespoons of broth). Add
 the chickpeas and cook,
 stirring, over medium heat
 until the liquid is reduced by
 about half. Spoon the
 chickpeas over the greens
 and drizzle the sauce over all.

Serve warm, with additional
 balsamic vinegar at the table.

from Fat-Free Vegan Kitchen