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## Mustard Greens

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*USU Student Organic Farm*

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# USU STUDENT ORGANIC FARM

June 27, 2011

## Newsletter

Vol. 2 Issue 7



Alanna, Stu, and Keenen sorting through the just-harvested spinach

### Conquering the Bounty

*Don't know how to use up all those mustard greens you've got? These greens have countless uses. Try these simple ideas:*

- ✓ Try simply sautéing mustard greens and garlic in olive oil as you would spinach.
- ✓ Add chopped mustard greens to sautéed chicken in the pan for the last 3-5 minutes of cooking. Have chicken over rice and serve greens as a flavorful side.
- ✓ Chop mustard greens into small pieces and mix with garlic powder and butter. Spread on garlic bread for a unique new-tasting side.
- ✓ Add mustard greens to your garden salads. Mix them with lettuce, kale, spinach, chard, and any other greens you have on hand.
- ✓ Garnish your dishes with the leaves of mustard greens for added color and flavor.
- ✓ For more ideas make sure to check out our **"Conquering the Bounty"** section from past articles. Mustard greens can be used much the same way as kale, spinach, or Swiss chard.

*Article by: Elisabeth Inman*

### Featured Vegetable: Mustard Greens

Mustard greens have been used in cooking for more than 5,000 years. They originated in India, notably in the Himalayan Mountains and are used in dishes from various regions throughout the world today.

Mustard greens are the leaves of the mustard plant. The leaves look similar to kale, but are more delicately flavored, with a slight hint of mustard (of course). Mustard greens have large, bright green leaves that are frilled or scalloped around the edge and have a slightly fuzzy surface. Some varieties of mustard greens have a stronger flavor than others. Chinese mustard greens, which are used in many Asian dishes, have a strongly bitter taste.

To temper the strong flavor of mustard greens, combine them with more mild-tasting greens such as spinach or chard. Mustard greens are delicious when combined with sweet-flavored vegetables such as sweet potatoes, corn, and carrots and add a unique, but pleasant, peppery aspect to most dishes. The greens can be used the same way as fresh spinach (in a garden salad, sautéed with olive oil, steamed, in pasta and pasta sauces, even on your favorite pizza).

Fresh greens of any variety have more flavor than those that have sat for a while. Try to use your mustard greens within 2-4 days as their flavor diminishes the longer they sit unused. If mustard greens are unavailable when you have a recipe that includes them, fresh kale, spinach, collard greens, or Swiss chard can easily be substituted instead.

**Have more greens than you can fix up?** Be it mustard greens, kale, spinach, collard greens or Swiss chard, here is another simple idea for using up every bit of those delicious greens:

**Tasty Green Omelets:** Take what greens you have left over (kale, spinach, whatever) and sauté them up with onions and garlic, add mushrooms, sliced green bell peppers and whatever else you might desire. Then freeze just the right amount to make a couple of omelets. You can then take the greens mixture out of the freezer in the morning of, heat them up in the microwave, prepare the eggs and put in the greens with your favorite cheese. This is a wonderful, healthful way to eat up all those greens!

*Article by: Elisabeth Inman*

### Spicy Mustard Greens with Rice

*Mustard greens add a pleasant, peppery flavor to this delicious dish. This simple recipe will quickly become a favorite for the entire family.*

2 ¼ cups chicken or vegetable broth	1 cup rice
1 ½ tsp. Creole or Cajun seasoning	2 cups greens, chopped

Bring broth and Creole or Cajun seasoning to boil in a heavy large saucepan. Stir in rice and greens and bring to a boil. Reduce heat to low, cover and cook until rice is tender and liquid is absorbed, about 20 minutes (or for the time of cooking rice on rice package).

*Adapted from Bon Appetit*

## ANNOUNCEMENTS

**Garlic scapes:** The green, twisting string you got today is a garlic scape! Cut it up like a green onion and put in any dish. They have a mild garlic flavor.

**We're still giving out broccoli** as it grows! We're keeping track of who gets it to be sure everyone gets some. Don't forget to eat the leaves! Cook them like any other greens (see the kale and chard newsletters).

### July 12th – Grilled pizza night!

Everyone brings their favorite toppings and we will bring the dough and cheese. If you've never had grilled pizza before, you NEED to come and try it. Talk about tasty.

## Organic Techniques: Row Cover

If you have been out to the farm, you may have noticed that nearly everything is covered with white row cloth. And maybe you've asked yourself, why do they cover all the plants? Do they still get sunlight and water, vital components for a plant to live?

Yes, they do. The row cloth lets in about 94% sunlight so the plants hardly suffer from any loss there. The cloth is also permeable so we just water right over it.

It is a bother to have to lift up the row cloth every time we need to work on the bed, but it plays a vital role to the success of the plants. The two main reasons we use the row cloth is because 1) It keeps the flea beetles from finding the plants and eating little holes in them and 2) It keeps the top layer of the soil moist for a bit longer while seeds germinate. Even though we water newly seeded beds everyday, the top layer still dries out so quickly. Since the seeds need to be constantly moist to germinate, the row cover solves this problem.

The row cloth isn't a fool-proof method to keep flea beetles off, as we saw last week with the tatsoi. There is only so much we can do without pesticides. Many of you expressed you didn't mind the holes. Thank you for understanding!

*Article by: Bianne Sherwood*

For more information about the USU Student Organic Farm or CSA shares visit:

[www.usu.edu/organicfarms](http://www.usu.edu/organicfarms)

## On the Farm News

Summer is definitely here with its 90-degree weather and sunny days. And it came all at once! One day it was cold and rainy, then the next it was hot and sunny and never turned back. Although we have been dying in this heat, the plants couldn't be happier. Peas are flowering (and we just trellised them- THAT was a project), kohlrabi is forming bulbs, broccoli is forming florets, and even the tomatoes are starting to come on! It's pretty exciting.



How about those strawberries! We got a ton more strawberries than we thought we were going to get this year! Last year they didn't produce much and the birds ate most of them so we decided to mow them down and give them a fresh start. Apparently, we did the right thing because we can't keep up with them! One big project we've been working on is getting netting for the strawberries. With this netting, the birds won't be able to get to the strawberries, leaving more for us. We are draping it over some rebar so it doesn't get tangled in the vine-y strawberry foliage.

Another artsy project we've been working on has been the veggie signs. We are painting signs with the names of the veggies we are growing. We're going to screw them onto stakes and put them in the field where the corresponding veggie is growing. It will keep us organized, plus they're just cute.

**Veggies to expect next week:** lettuce, tatsoi, peas, beet greens, kohlrabi, and maybe cherry tomatoes and green onions *Article by: Bianne Sherwood*

## Fabulous Flavors: Tips & Techniques

Looking for a new way to cook your mustard greens? You may not have ever thought of braising as a method for cooking vegetables, but doing so will create a delicious vegetable side or meal in itself. **Braising** is a cooking method which requires browning meat or vegetables in fat, then cooking in a small amount of liquid while covered. Braising greatly intensifies the flavors in vegetables and can be used to create a more tender meat as well.

**To Braise:** First brown your meat or vegetables in fat. Next add the liquid. Liquids to use can include wine, apple juice, water, broth, vinegars, etc. Seasonings can be added at this point. Last, cover and cook on very low heat. Try the recipe below to perfect the art and technique of braising.

*Article by: Elisabeth Inman*

### Braised Mustard Greens

Recipe by: Rachel Ray on Food Network

*This recipe is the perfect blend of ingredients to show off the unique, palatable flavor of mustard greens. Use it as a side dish or combine with rice or pasta for a meal.*

4 slices bacon, chopped	2 Tbsp. sugar
3 bunches mustard greens, trimmed and chopped	Coarse salt
2 Tbsp. white vinegar	2 cups chicken broth

In a large skillet over medium high heat brown bacon and render its fat. Add chopped greens to the pan in batches and turn until they wilt, then add more greens. When all of the greens are in the pan, add vinegar and cook a minute. Season greens with sugar and salt. Add chicken broth to the pan and cover. Reduce heat to medium low and simmer greens 15 to 20 minutes then serve.