

# Leafy Greens

Dark, leafy greens pack a punch when it comes to nutrition. They are strong disease fighters! Try to include 1-2 cups of leafy greens in your daily diet as this is one of the easiest ways to protect your health.

However, not all greens are created equal! The most nutritious varieties include dark green or red leaf lettuce, spinach, kale, radicchio, romaine, Swiss chard, mustard greens, and deep colored salad mixes such as spring mix. The iceberg lettuce you commonly see in restaurants and many people's shopping carts, is very low in nutrition.

Check out the chart below to learn the flavor profile of various salad greens. There are loads of great greens, making it easy to be adventurous with your salads! Shortly, we will consider other ways to make salad more exciting with healthy toppings, homemade dressings, and unique combinations!



## Meet the Greens

- **ARUGULA:** also called "rocket"; peppery and spicy
- **BELGIAN ENDIVE:** bitter and crunchy
- **BIBB LETTUCE:** mild and sweet
- **BOSTON LETTUCE:** buttery, very soft leaves
- **COLLARD GREENS:** mild and sweet
- **DANDELION GREENS:** nice and bitter
- **ENDIVE:** sweet, bitter, and crunchy
- **FRISÉE:** slightly sweet, slightly bitter
- **GREEN OAK-LEAF LETTUCE:** mild and slightly grassy
- **GREEN CHARD:** zesty and hearty
- **ICEBERG LETTUCE:** crisp, mild, though not high in nutrition
- **KALE:** mild with slight cabbage flavor
- **MÂCHE** (also called lambs lettuce, corn salad): sweet, creamy and nutty
- **MIZUNA:** mustardy Japanese green
- **MUSTARD GREENS:** crunchy, slightly bitter and cabbagey
- **RADICCHIO:** beautiful deep red color; bitter and slightly peppery
- **RED CHARD** (and beet greens): slightly sweet and grassy
- **RED OAK-LEAF LETTUCE:** mild and slightly nutty
- **ROMAINE LETTUCE:** very crunchy, slightly sweet and slightly bitter
- **SPINACH:** zesty and hearty
- **WATERCRESS:** peppery, spicy, great with citrus fruit