

Mustard Greens



Mustard Green Facts

- Mustard greens are part of the *brassica* family, also known as cruciferous vegetables.
- This leafy green is in the same family as kale, collards and cabbage.
- The greens are high in Vitamin A (skin and eyes), Vitamin K (bones), B1, B2, B6 (red blood cells, heart, metabolism), Vitamin C (immune system), and Vitamin E (antioxidant).
- Mustard greens are typically used in Southern, Chinese, Indian and Japanese cooking.
- Young leaves can be used in salads, while older leaves have a stronger, more “mustardy” flavor and are usually sautéed or braised.
- A cooler weather crop, mustard greens are harvested in New Jersey during the months of April – June and September – November.
- Mustard greens are considered a cancer fighting vegetable and are known to lower cholesterol, improve eye, heart and bone health.

