

(our) TABLE OF GREENS.

VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE VARIETY IS THE SPICE OF LIFE

Ar

ARUGULA



FLAVOR . YOUNG LEAVES - MILD; OLDER LEAVES MORE PEPPERY
USE . RAW; SOUPS, STEWS

Be

BEEF GREENS



FLAVOR . SWEET & MILD; SIMILAR TO SPINACH
USE . STEAM YOUNG LEAVES STIR FRY OLDER LEAVES

G

REENS ARE ONE CLASSY GROUP OF VEGETABLES. CAN WE SAY NUTRIENT RICH? THEY ARE LOADED WITH BETA-CAROTENE, CALCIUM, VITAMIN C, DIETARY FIBER AND MINERALS. GREENS ARE EVEN BEING GIVEN A "GREEN" LIGHT WITH SOME CANCER RESEARCH.

Most people are introduced to greens through southern-style cooking – and by golly, that's some good eatin'. But the kitchen buck doesn't stop there. With the varieties of greens available at Outpost, there's always something leafy and wonderful on the menu.

Ch

CHARD



FLAVOR . MILD & FULL-BODIED; LIKE SPINACH
USE . YOUNG LEAVES RAW; SAUTEE

En

ENDIVE



FLAVOR . TANGY, SLIGHTLY BITTER
USE . COOKED OR RAW; SALADS, SOUPS, STEWS

Es

ESCAROLE



FLAVOR . A SLIGHTLY Milder VERSION OF ENDIVE
USE . SEE ENDIVE

Sp

SPINACH



FLAVOR . TENDER & MILD
USE . RAW IN SALADS; QUICKLY BRAISED

Wc

WATERCRESS



FLAVOR . AROMATIC, DELICATE, NUTTY
USE . CURRIES, PILAFS, PLAIN BOILED

Ka

KALE



FLAVOR . STRONG, EVEN BITTER
USE . SAUTE, STIR FRY, SOUPS, STEWS

Co

COLLARD GREENS



FLAVOR . SLIGHTLY SWEET
USE . SAUTE, STIR FRIES, SOUPS, STEWS

Da

DANDELION



FLAVOR . YOUNG LEAVES ARE BITTER & TANGY
USE . SALADS, STIR FRIES, SOUPS, STEWS