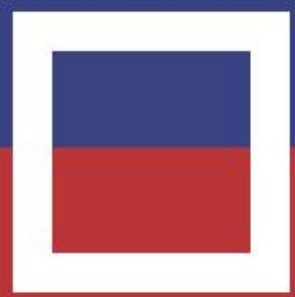




# INGREDIENT OF THE MONTH



American Culinary Federation  
Education Foundation

# ALL ABOUT LEAFY GREENS

Leafy greens have a long and influential history in agriculture, with evidence of their cultivation stretching back thousands of years. Leafy greens trace their origins to lettuce in ancient Egypt and spinach in Persia, which later spread across Asia and Europe. Kale, collards, chard, and beet greens became staples of Mediterranean diets, particularly among the Greeks and Romans. Carried through trade and colonization, these crops eventually reached the Americas, and by the twentieth century, advances in irrigation, refrigeration, and greenhouse technology had established them as year-round global staples.



Cultivation of leafy greens requires cool temperatures, fertile soil rich in organic matter, and steady moisture to prevent bitterness or premature flowering. They grow quickly, often in just 30 to 60 days, which makes them well suited to successive plantings and high turnover in both home gardens and commercial fields. Growers manage pests and diseases while relying on nitrogen for vigorous growth. Though still widely field-grown, production is increasingly shifting to hydroponics, vertical farms, and greenhouses, which conserve resources and support year-round, urban-centered supply.

On a global scale, China dominates leafy green production, particularly for crops such as bok choy, Chinese cabbage, spinach, and lettuce. The United States is another major producer, with California and Arizona serving as the country's salad bowl, while Spain, Italy, and France lead production in Europe. Because leafy greens are highly perishable, maintaining a cold chain from field to consumer is essential. Harvesting often takes place in the early morning, with crops quickly cooled and packed to preserve freshness.

Today, leafy green production faces both challenges and opportunities. Climate change and water scarcity are pushing growers to adopt more resilient systems such as hydroponics and vertical farming. At the same time, consumer demand for fresh, ready-to-eat greens continues to rise, ensuring that these crops will remain central to global agriculture while spurring innovation in cultivation, handling, and sustainability practices.

# HEALTHY INGREDIENT CONTRIBUTION

Leafy greens are among the most nutrient-dense foods available. They provide significant amounts of essential vitamins, minerals, and bioactive compounds while being naturally low in calories, fat, and sodium.



## Vitamin A

- Many leafy greens provide 30-80% DV per serving.
- Supports healthy vision, immune function, and cell growth.

## Vitamin K

- Among the richest food sources; kale, collards, and spinach often provide over 100% DV in a single serving.
- Essential for blood clotting and bone metabolism.

## Vitamin C

- Greens like kale and Swiss chard provide 20–50% DV per serving.
- Acts as an antioxidant, supports immune health, and aids collagen formation.

## Folate

- Most leafy greens contribute 15–40% DV per serving.
- Crucial for red blood cell formation and DNA synthesis.

## Dietary Fiber

- Leafy greens typically offer 10–20% DV per serving.
- Aids digestion, supports gut health, and helps regulate blood sugar.

## Other Beneficial Compounds

- **Lutein:** Eye health and protection against age-related macular degeneration
- **Quercetin:** Anti-inflammatory and antioxidant
- **Nitrates:** Support blood vessel function and may improve exercise performance
- **Chlorophyll:** Supports detoxification pathways in the liver

## Overall Health Benefits

- Supports Heart Health
- Promotes Healthy Digestion
- Strengthens Bones
- Improves Immune Function
- Protects Vision
- Reduces Inflammation & Oxidative Stress
- Supports Healthy Skin

*Nutritional Information/Values from [USDA FoodData Central](#)*

# TYPES AND VARIETIES



## Tender Salad Greens

- **Spinach:** Mild, slightly sweet
- **Romaine Lettuce:** Crisp, hydrating
- **Butter/Bibb/Boston Lettuce:** Soft, buttery texture
- **Leaf Lettuce:** Mild flavor; loose, ruffled leaves.
- **Arugula:** Peppery and bold
- **Spring Mix/Mesclun:** Blend of young greens

## Hearty/Cooking Greens

- **Kale:** Earthy, robust, nutrient-dense
- **Collard Greens:** Mild and hearty
- **Swiss Chard:** Slightly earthy, colorful stems
- **Mustard Greens:** Peppery, spicy flavor
- **Turnip Greens:** Slightly bitter
- **Beet Greens:** Similar to Swiss chard

## Brassica Greens

- **Cabbage:** Crunchy and sweet
- **Napa Cabbage:** Tender and mild
- **Bok Choy:** Crisp stems, tender leaves
- **Kohlrabi Greens:** Peppery and hearty

## Specialty & Global Greens

- **Mizuna:** Mildly peppery Japanese mustard green
- **Tat soi:** Spoon-shaped leaves, mild flavor
- **Watercress:** Peppery, nutrient-dense
- **Dandelion Greens:** Bitter, earthy
- **Purslane:** Slightly tangy and succulent
- **Endive:** Crisp and slightly bitter
- **Radicchio:** Bitter, colorful leaf

## Micro & Baby Greens

- **Baby Kale/Spinach:** Softer, milder
- **Baby Bok Choy:** Tender, less bitter
- **Micro Arugula/Basil/Mustard:** Intense flavor
- **Broccoli Microgreens:** Peppery, crisp

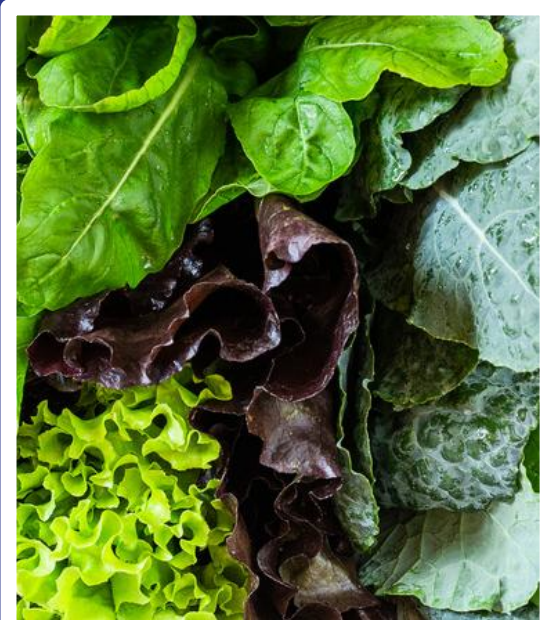
## Wild/Foraged Greens

- **Nettle:** Nutty flavor, must be cooked
- **Lamb's Quarters:** Mild taste, similar to spinach
- **Chickweed:** Mild and herbaceous

# SELECTING AND STORING

## Selecting Leafy Greens:

- **Look for vibrant color:** Leaves should be bright green (or true to their variety), not yellowing or browning.
- **Check for crispness:** Fresh greens should be firm and perky, not wilted or limp.
- **Avoid moisture buildup:** Excess water inside bags or on leaves can indicate age or promote spoilage.
- **Inspect for damage:** Skip greens with tears, slimy spots, or mushy areas or other signs of decay.
- **Choose smaller, younger leaves:** Often more tender and milder in flavor than older, larger leaves.
- **Smell for freshness:** Fresh greens smell clean; any sour or musty odor indicates deterioration.
- **For bunches:** Stems should be firm, not dried or split; avoid bunches with broken or crushed leaves.



## Storing Leafy Greens:

- **Refrigerate immediately:** Keep greens cold to maintain moisture and slow nutrient loss.
- **Use breathable storage:** Store in crisper drawer in perforated bags or vented containers.
- **Keep greens dry:** Excess moisture causes sliminess and faster spoilage.
- **Remove spoiled leaves:** Regularly discard wilted or slimy leaves to prolong the life of the rest.
- **Revive slightly wilted greens:** Soak in ice water for 10–15 minutes to restore crispness.
- **Do not store near ethylene-producing fruits:** Causes the spoilage process to speed up.

## Storage Time Guidelines:

- **Tender greens:** 3–5 days
- **Microgreens:** 3–5 days
- **Hearty greens:** 5–7 days
- **Brassicas:** 1–2 weeks

## Tips for Extending Freshness:

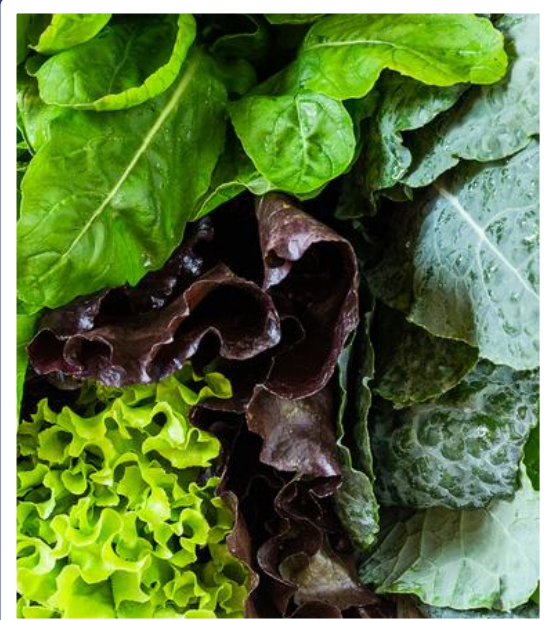
- Wash only right before use.
- Keep stems intact until ready to prepare.
- Wrap bunches in a clean kitchen/paper towel before refrigerating.
- Use vacuum-sealed produce containers to slow oxidation and moisture buildup.

# CULINARY USES

- **Raw Uses:** Salads, wraps, sandwiches, garnishes; microgreens and tender leaves add fresh flavor; spinach/kale blend smoothly into beverages.
- **Sautéing & Stir-Frying:** Rapid wilting greens (spinach, chard, beet greens) for bowls, pastas, omelets, rice; adds savory depth.
- **Braising/Simmering:** Hearty greens (kale, collards, mustard/turnip greens) soften with slow heat; ideal for soups, stews, Southern & Mediterranean dishes.
- **Steaming/Blanching:** Preserves nutrients and vibrant color; prepares greens for cold dishes, bowls, or freezing.
- **Roasting/Baking:** Kale chips; greens enrich casseroles, quiches, lasagna, frittatas, savory pastries.
- **Soups & Stews:** Spinach, chard, kale, escarole melt into broth for added body and flavor.
- **Juices & Wellness Drinks:** Raw greens (spinach, kale, wheatgrass) paired with citrus, ginger, apple for balanced, nutrient-dense beverages.
- **Pestos & Sauces:** Arugula, kale, spinach substitute for basil; puréed greens boost dips, sauces, and spreads.
- **Pickling & Fermenting:** Cabbage for kimchi, sauerkraut, curtido; adds tang, probiotics, and complexity.
- **Stuffing & Rolling:** Collards, cabbage, Swiss chard as wraps for grain, veg, or protein fillings; gluten-free alternatives.
- **Finishing & Topping:** Arugula, watercress, and microgreens elevate pizzas, proteins, grain bowls with freshness and peppery brightness.



# INTERESTING FACTS



- Arugula was considered an aphrodisiac in ancient Rome.
- Beet greens were eaten before beet roots as the greens were the original focus of cultivation.
- Swiss chard isn't from Switzerland; its name was chosen to differentiate it from French cardoon.
- Spinach sales soared 33% after Popeye cartoons popularized it as a strength booster.
- Lettuce was once used as currency in certain regions of ancient Egypt during festivals.
- Lettuce is one of the top-valued vegetable crops in the U.S., generating more than \$2 billion annually.
- One acre of lettuce can yield 30,000–35,000 heads, depending on variety.
- The world's largest lettuce head weighed over 25 pounds, grown in the U.K.
- California's Salinas Valley, nicknamed The Salad Bowl of the World, grows about 70% of U.S. lettuce.
- China produces nearly half of the world's leafy greens, especially cabbage and spinach.
- National Kale Day is celebrated on the first Wednesday of October in the U.S.
- Kale once trended so hard that between 2011 and 2014, U.S. kale production jumped by nearly 60%.
- Microgreens can contain up to 40 times more nutrients than their mature counterparts.

# RECIPE

## Creamy Coconut Kale & Chickpea Stew

Yield: 4 Servings

### Ingredients:

2 tbsp olive oil  
1 med onion, diced  
3 garlic cloves, minced  
1 tbsp fresh ginger, grated  
1 tsp turmeric  
1 tsp cumin  
½ tsp red pepper flakes (optional)  
1 can (15 oz) chickpeas, drained  
1 can (14 oz) coconut milk  
2 cups vegetable stock  
1 large bunch kale, stems removed, chopped  
1 tbsp lime juice  
Salt & pepper to taste



### Directions:

1. Heat the olive oil in a large, heavy-bottomed pot over medium heat. Add the diced onion and cook 5–7 minutes, stirring occasionally, until softened and translucent. Avoid browning.
2. Add the minced garlic and grated ginger; cook 30–45 seconds until fragrant. Sprinkle in the turmeric, cumin, and red pepper flakes. Stir continuously for one minute to toast the spices.
3. Add the drained chickpeas and stir to coat them in the aromatic spice mixture. Pour in the coconut milk and vegetable stock, scraping up any bits stuck to the bottom of the pot. Increase the heat slightly and bring the stew to a gentle simmer.
4. Fold in the chopped kale in batches if needed, allowing it to wilt slightly before adding more. Reduce the heat to medium-low and let the stew simmer uncovered for 10–12 minutes.
5. Stir in the lime juice to brighten the richness of the coconut milk. Taste and season with salt and pepper. Adjust acidity, heat, or spice levels to preference.
6. Ladle the stew over warm rice, quinoa, or couscous. For added texture, garnish with toasted coconut flakes, fresh cilantro, or a drizzle of chili oil.

# QUIZ



After you read through this month's Ingredient of the Month, take this quiz to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed through the ACF's Online Learning Center. Seventy-five percent accuracy is required to earn one hour of continuing education credits toward professional certification.

# QUIZ

## Question #1

Spinach was first cultivated in which region?

- A. India
- B. Persia
- C. Rome
- D. North Africa



# QUIZ

## Question #2

Leafy greens typically reach maturity within:

- A. 10-20 days
- B. 20-30 days
- C. 30-60 days
- D. 60-90 days



# QUIZ

## Question #3

Which vitamin is found in such high concentrations in kale, collards, and spinach that a single serving often surpasses 100% DV?

- A. Vitamin A
- B. Vitamin C
- C. Vitamin K
- D. Folate



# QUIZ

## Question #4

Lutein, found in leafy greens, plays a role in protecting vision.

- A. True
- B. False



# QUIZ

## Question #5

Which salad green features loose, ruffled leaves with a mild flavor?

- A. Leaf lettuce
- B. Nappa cabbage
- C. Swiss chard
- D. Mizuna



# QUIZ

## Question #6

Which specialty green is peppery and known for its high nutrient density?

- A. Radicchio
- B. Watercress
- C. Endive
- D. Purslane



# QUIZ

## Question #7

What does moisture buildup inside a produce bag usually indicate?

- A. Extra freshness
- B. Higher nutrient content
- C. Proper hydration
- D. Age or potential spoilage



# QUIZ

## Question #8

Airtight containers are ideal for storing leafy greens long-term.

- A. True
- B. False

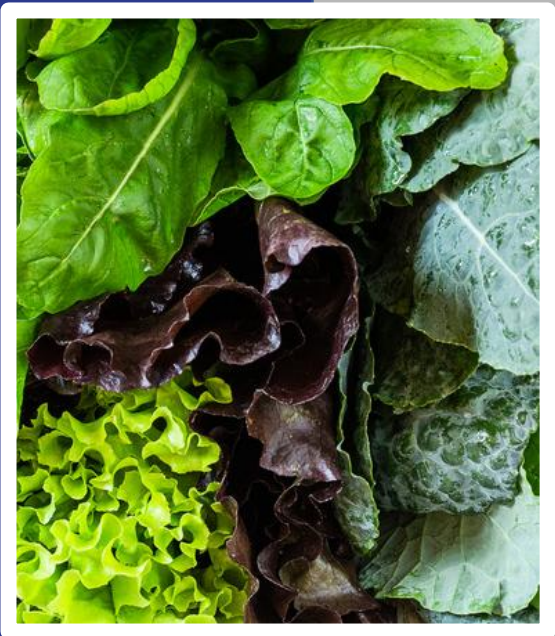


# QUIZ

## Question #9

Which leafy greens are commonly blended into smoothies for nutrient-dense beverages?

- A. Radicchio and endive
- B. Collards and cabbage
- C. Spinach and kale
- D. Mustard and beet greens



# QUIZ

## Question #10

Which region in California is known as “The Salad Bowl of the World”?

- A. Napa Valley
- B. Hudson Valley
- C. Willamette Valley
- D. Salinas Valley



# JOIN US NEXT MONTH!

Stay tuned for the next ACF Ingredient of the Month! Be sure to visit the Online Learning Center (OLC) to download a copy of each month's ingredient presentation. Don't forget to take the official IOTM quiz through the OLC to earn one hour of continuing education credits toward professional certification.

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