

## LOCAL CHEF RECOMMENDS - - SAUTEED MIXED GREENS

2 cups (500 mL) sliced kale  
2 cups (500 mL) sliced collards  
2 cups (500 mL) sliced rapini  
2 cups (500 mL) Swiss chard  
2 cups (500 mL) spinach or beet greens  
3 tbsp (45 mL) olive oil  
1 small onion, chopped  
2 cloves garlic, chopped  
¼ tsp (1 mL) hot pepper flakes  
2 tbsp (25 mL) balsamic vinegar  
Salt and freshly ground pepper to taste

1. Bring a large pot of water to boil. Add greens and blanch for 2 minutes. Drain well.

2. Heat oil in skillet over medium heat. Add onion and garlic and sauté for 2 minutes or until softened. Add greens and pepper flakes and sauté until greens are hot. Splash in balsamic vinegar, bring to boil and season with salt and pepper.

**Serves 4**

For additional recipes and produce information  
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## HOLLAND MARSH SWISS CHARD

### FACTS

Swiss chard is a celery-like plant with broad green leaves and long stalks that can be red, green, orange or yellow. This vegetable produces a sweet mild flavour. Cook the stalks like asparagus. If the leaves are going to be used, cook the stalks for a few minutes before adding the leaves and cook them like spinach.

**Health Benefits:** Swiss Chard is an excellent source of Vitamin A, Vitamin K and Magnesium; a good source of Potassium and Manganese; and a source of Vitamin C, Iron and Copper.

**Number of acres farmed in the Marsh annually:** 37 acres



## HOLLAND MARSH ONIONS

### FACTS

Onions are a member of the allium plant family, which includes leeks, shallots and garlic. There are two categories of onions: dry onions for storage and green onions for fresh use. Raw onions add a pungent bite, and cooked ones a mellow sweetness to many dishes. Onions come in many sizes, colours and flavours. Red onions have a mild, sweet flavour, which makes them a favourite for salads and sandwiches. Stronger white and yellow are best for cooking. Green onions are mild, when fresh and both the bulb and greens can be eaten.

**Health Benefits:** Onions are a source of Vitamin C, Vitamin B6, Folate and Manganese.

**Number of acres farmed in the Marsh annually:** 4,000 acres



## HOLLAND MARSH BEETS

### FACTS

Beets are a highly versatile, red vegetable. Small, fresh Ontario beets are available in early summer. The flesh is as deep red as the skin. Bunching beets; those with the green tops left on are for fresh market use. Beets are not eaten raw but must be cooked. Both the beet root and beet tops are edible. Cooked beets are a wonderful addition to a cold salad. Beet greens, a nutritious part of the vegetable can be lightly cooked and served like spinach. Small beets are often pickled for winter use.

**Health Benefits:** Beets are an excellent source of Folate, a good source of Manganese and a source of Fibre, Vitamin C, Potassium, Magnesium and Iron.

**Number of acres farmed in the Marsh annually:** 97 acres