



LOON ORGANICS

Laura Frerichs & Adam Cullip

23229 200th St Hutchinson, MN 55350

loonorganics@hotmail.com

www.loonorganics.com

Phone: 320.587.0140

Greens Preserving Share

Included in your box is: several varieties of kale. These greens are great sources of Vitamin A, C, some B vitamins, folic acid, calcium, iron, and magnesium.

For freezing: De-stem at base of leaves, wash leaves, and roughly chop or you can let the leaves remain whole. Drop leaves in boiling water for 2-3 minutes, just until they turn bright green. Remove from boiling water with a slotted spoon (alternately, you can immerse the greens in a strainer in the boiling water for easy removal). Dunk greens in a cold ice water bath in your kitchen sink to stop the cooking process. After a few minutes of cooling, squeeze excess water out of greens. Pack cooked greens in freezer bags or freezer containers and pop in freezer.

To use your frozen greens in cooked dishes it is best to take them directly out of the freezer and reheat them immediately or just add to your soup, stew, or sauce to cook. We have found that if we let the greens defrost for a few hours first and then add them to dishes or cook them, they get mushy.

Greens straight out of the freezer can also be added to your winter smoothies for a little dose of much-needed nutrients and chlorophyll.

Dehydrating: Kale dehydrates really well. They shrink down considerably and the kale pieces are a wonderful addition to soups, sauces, stews, quiches, and casseroles. You can dehydrate using any dehydrator or also can use your oven set on low (90 degrees). The oven method takes a long time, however it does work. For the oven method, place leaves (de-stemmed) on a cookie sheet, place in warm oven, and flip leaves every couple hours until leaves have dried and become slightly brittle. As soon as leaves are slightly brittle, remove from oven to prevent burning. Let cool before putting leaves in bags or mason jars for storage. Store in a cool, dry place out of the sun. A cupboard is perfect.