



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Greens

In season:



**Spring and
Summer**

**Preserve it
to enjoy year
round!**

Canning

The National Center for Home Food Preservation does not recommend canning greens.



Freezing

Process: Water Blanch

- Select young, tender leaves
- Wash
- Cut off woody stems
- Boil in water for 3 minutes (collard greens)
- Boil in water for 2 minutes (other greens)
- Cool in cold water
- Drain
- Pack leaving 1/2 headspace
- Seal and freeze

Drying

Process: Dehydrator

- Select young, tender leaves
- Wash and trim woody stems
- Steam for 2 1/2 minutes
 - » Alternatively, you may boil in water for 1 1/2 minutes
- Set dehydrator to 140 degrees Fahrenheit
- Arrange in single layer on drying racks
- Rotate racks during drying process
- Dry 8 to 10 hours, depending on type of greens



Tips/Tricks:

Add dehydrated greens into soups and stews for extra nutrients.

This document is to serve as supplemental material for those already knowledgeable on how to safely preserve food and should not serve as a guide to someone completely new to food preservation methods. For further guidance, go to: extension.sdstate.edu/food/preservation

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at extension.sdstate.edu.