

To Donate to the Clean Greens Farm and Market please visit the Black Dollar Days Task Force website.

The Clean Greens Farm and Market has partnered with the Cascade Harvest Coalition, Compassionate Action Network, Interra Project, King County Agricultural Program, Northwest Interfaith Community Outreach, Seattle Tilth, Seattle University, Washington State University King County Extension Division, 21 Acres. Together, they are working to ensure the sustainability of the farm and the long-term success of the market.

Good Food. Great Prices. Healthy Community!

The Clean Greens Farm and Market is a project of the Black Dollar Days Task Force and your source for delicious vegetables.

www.cleangreensfarm.com

www.blackdollar.org
contact@blackdollar.org
(206) 324-3114



"I purchased 5 bunches of collard greens at the opening of the Clean Greens Market event on 10/4. I cooked some of them on Sunday (I had too many for my family size). First, for the price the value was exceptional both in quality and quantity. Secondly, each bunch of greens was much larger than what I would have received in the store. Thirdly, the leaves were tender allowing for reduced cooking time which means more of the nutritional value remained within the greens. They truly taste like 'fresh' vegetables. I had so many greens; I was able to share with my neighbors. Here's a challenge: those of you who have extra share the wealth and/or when you buy for your family pick up a little extra for a friend or neighbor. The proof is in the produce!" *-Evelyn Alexander*



CLEAN GREENS

Growing and delivering clean, healthy, and fair produce for everyone at reasonable prices.

FARM & MARKET

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Greens Nutritional Information

Collard Greens

One of the milder of the sturdy greens, collards are an excellent source of folate, vitamin C and beta-carotene. Collards are especially high in calcium.



Turnip Greens

The leafy tops of turnips are one of the bitterest greens available, so they are not often eaten raw. Like beet greens, they are best for eating when they are quite young.

Although both turnips and turnip greens are nutritious, the best source of vitamins and minerals is the greens, which are high in vitamin C, beta-carotene and folate.

Mustard Greens

Mustard greens have an even stronger flavor than kale, but milder varieties are grown in Asia and are sometimes available in the United States. They taste best when they are six to 12-inches long and have no seeds.

Spinach

Spinach is mild enough to be enjoyed both raw and cooked and contains carotenoids such as beta-carotene, lutein and zeaxanthin. Besides carotenoids, spinach is higher in folate than other greens. Cooking the spinach with a small amount of fat, such as olive oil, will enhance the availability of these nutrients.

Recipes for Greens can be found at www.cleangreensfarm.com

FARM & MARKET

Based on 22 acres of leased land in Duvall, WA, this innovative project was begun by the Black Dollar Days Task Force, an organization dedicated to creating economic opportunity and equity in Seattle's low income communities.



Goals for the Clean Greens Farm and Market

- Promote a healthier cultural diet
- **Grow chemical-free, organic vegetables**
- Supply locally grown produce to inner city market
- **Educate inner city community residents about the benefits of buying locally grown produce**
- Expose inner city youth to the growing and marketing of produce which is vital to their health
- **Collaborate with Ethiopian, Hmong, Latino, Sumatran and other independent farmers to ensure the viability of small farms**
- Be good stewards of the environment
- **Participate in United States Department of Agriculture programs**