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N30519_000302
NFD POINT MOLATE
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Winter greens pack a nutritional bonanza

By Adrienne Cook

WASHINGTON POST

When greens bristle in the winter garden, the gardener knows there's always food in this outdoor larder. Mustards and turnips, collards and kales, these are the greens of winter.

They're all related, and they share an affinity for cold and fortitude in the most bitter of our winters.

Collards and kale are perhaps the best known of these hale crops, probably because they are more readily available in supermarkets throughout the winter.

Mustard and turnip greens are more likely to be found on the tables of those who grow them or who frequent farmers markets.

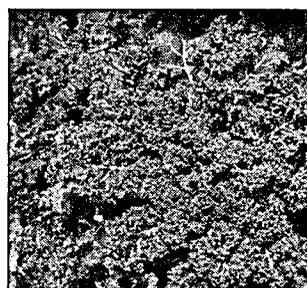
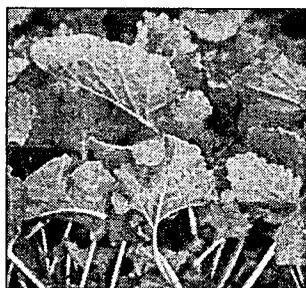
All are powerhouses of nutrition. If they don't pack the protein of legumes, such as beans, they do deliver a wallop of iron and vitamins.

Pair them in a soup with beans — a combination made famous by the peasants of Tuscany — and the result is not only a meal of unparalleled nutritional value but one of the most delectable experiences likely to occur all winter.

The flavors of this quad of greens range from biting hot (mustard greens) to richly cabbage (collards). In between are turnip greens, closer to the former than the latter, though with a milder tang and a slight sweetness. Kale, on the other hand, is more akin to collards in taste, though much milder and more delicate.

Variegated beauties

All four are almost exclusively fall-into-winter crops, sown in August or September. Mustard is the least hardy. In protected gardens, it will last through the winter; unprotected, it will need, at the least, a floating row cover, and even that might not keep it from succumbing eventually. Mustard can be sown in late winter for a short spring crop, before increasing warmth and longer days stimulate plants into vivid yellow



TURNIP GREENS, left, have a tangy sweetness when cooked, while kale, center, has a mild and delicate flavor. Mustard greens, right, befitting the name, taste sharp and piquant.

blooms — a lovely sight, but the end of the crop.

Collards and turnips are hardy biennials. Collards are tall — some varieties reach 3 feet — and are smooth and ribbed, resembling the outer leaves of a cabbage. Their open, heavily leafed growth habit and misty blue color recall broccoli, though collards get much bigger.

Turnip greens are bright, spring green, with textured, serrated leaves resembling mustard greens. Turnip tops should be harvested very young, while mustards can grow quite large and still make fine eating.

Kale is a hardy perennial, and many forms are so beautiful that they are used in the flower garden rather than as vegetables: White- and purple-tinged flowering kale varieties are as common a sight in the fall as pansies and mums. In fact, these kales are not "flowering" at all, but simply exhibiting variations of foliage color.

Likewise, they have a range of colors from the blue gundy-hued to the familiar chartreuse that are the staples of winter fare.

Young and tender

Winter greens are grown under similar conditions: soil enriched with compost and organic fertilizer, sunshine and irrigation.

Though hardy, they need a good start before winter hits, thus the late-summer sowing. If

Mustards, kales and collards can be harvested at all stages for different purposes and different flavor experiences. In their infancy, they all make great salads or a quick, steamed stir-fry. Later, they can be steamed or boiled longer and still retain great flavor and character, which is the reason they make the finest of winter soups.

a flash in a hot pan with no other embellishments save butter and a dash of lemon juice. No more cooking is necessary on the youngsters.

When turnip greens are 6 to 8 inches tall, they are past their prime; at this point, they need to be boiled a long time to be any good.

As winter deepens, though, they slow down in their development so much that it's actually possible to hold them at an immature stage for quite some time.

Collards produce flowers the second year they are in the ground; at this stage, they should be pulled for a new crop, because the leaves that they are grown for dwindle and toughen. Kale blooms, which appear in spring, add a touch of color to salads; the leaves diminish too, though not as much.

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Point Molate

PUBLIC NOTICE

Restoration Advisory Board Meeting

The Department of the Navy (Navy) has partnered with environmental agencies and the community to coordinate the environmental restoration and cleanup of Point Molate under the Navy's Installation Restoration (IR) Program. The Point Molate Restoration Advisory Board (RAB), which supports the IR Program, meets every month. This meeting is **OPEN TO THE PUBLIC** and is intended to provide an open forum for the community to attend and participate in all aspects of the environmental investigation and cleanup of Point Molate.

Join us on **Wednesday, December 5, 2001, at 7:00 PM** at the **Richmond City Hall Complex Employment and Training Building,, 330 25th Street, Room #1** (enter from the east side of building), for the next RAB meeting.

The Point Molate RAB is currently accepting applications for new RAB members. Applications are available at all RAB meetings, and can also be obtained from Don Gosney at (510) 233-2060.

If you have any questions, please contact Ms. Marianna Potacka, BRAC Environmental Coordinator, Southwest Division Naval Facilities Engineering Command, San Diego, CA, at (619) 532-0941 or by e-mail at potackamk@efdswn.navy.mil

For more information on the Navy's environmental program, please visit the Southwest Division web site at <http://www.efdswn.navy.mil/environmental/envhome.htm>

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CTO #: 015
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for Janet L. Argyres, Project Manager

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