



Green Powder from Dehydrated Greens

What Greens Can I Use to Make Green Powder?

Is it green? Then you can use it! It really is that simple.

Herbs - whenever I have leftover herbs, I toss them in the pile along with my greens, or just hang to dry.

- Barley Grass
- Beet Greens
- Borage
- Brassica leaves - broccoli, cauliflower, etc.
- Carrot tops -- parsnip, too!
- Celery leaves
- Greens - mustard, turnip, collard, swiss chard, etc.
- Kale
- Lettuce
- Moringa
- Pumpkin leaves
- Purslane
- Radish greens
- Spinach
- Spirulina
- Sweet potato leaves
- Turnip
- Weeds. Yes, you read that right - weeds.
- Wheatgrass
- Celery
- Beet powder - This will give your powder a brown color.
- Green bean powder
- Pea powder or Pea pods
- Broccoli - Adding too much can alter the flavor of green powder as broccoli has a very strong flavor.



You can add anything to the powder you like, but leafy greens are the base of the powder.

What not to add to Green Powder

- Many garden greens are not digestible or downright poisonous to humans. Here are a few leafy greens you shouldn't add to your green powder.
 - Tomato leaves
 - Potato leaves (sweet potato leaves are fine)
 - Rhubarb
- **Fruits** - because of their sugar content, fruits should be done on their own so that clumping isn't an issue.

How to Dehydrate Greens

Dry greens at 95°F / 35°C for 6-12 hours to retain vitamins and minerals.

Wash greens thoroughly

Soak greens in a vegetable wash of 1 part vinegar to 2 parts water and 2 Tablespoons lemon juice.

No need to rinse, but you can if you'd like.

Remove any unwanted stems and veins.

De-stem your greens. They can either be rough chopped to do separately or saved for compost.

Note: If you have steamed your greens first, you may not need to remove the stems, but check them all to be sure and remove any still tough ones.

Lay your leaves on your dehydrator trays.

It's okay if they touch or if you pile them on a bit. Leaves shrink up to ¼ to ⅓ of their size when dehydrated, so there is lots of room for movement.

Set your dehydrator to herbs or 95°F / 35°C.

Greens are heartier than herbs, so I set my dehydrating temp to the lower end but a bit higher than herbs. Greens usually dry within 6-10 hours, depending on the moisture of your home, the moisture content of your greens, and your dehydrator.

If you would prefer to go a little more quickly, you can set your temperature to Vegetable or 125°F / 52°C. Remember that you don't want to 'cook' those greens - you want to save as much nutritional value as possible.

Oven Directions:

Set your oven to its lowest temperature.

Lay your leaves out on cooling racks, Prop door open. Dry approximately 2-3 hrs. but check often.

Not only do you want to keep the temperature of your oven down, but you also want the circulating effect of having the door open. This allows it to release as much moisture into the outside air and not trap it in the oven.

Test for dryness

When leaves AND stems crumble when crushing, your greens are done.

Condition

Because the stems on greens are often very thick and fibrous, they will hold more moisture than the leaves, which means they may hold on to moisture.

Conditioning allows you to test your dehydrated produce to ensure that no moisture creates an environment where mold may form.

Simply put your greens into a jar with a lid. Shake once a day for a week and watch for any moisture formation in stems or on leaves. Put it back into the dehydrator if you see any.

If you see even a little mold forming, throw it all out. It's not safe to pick out where you see the mold since it can be throughout the greens and not visible.

Store

Store greens in an airtight container for about 12-18 months.

How to Make Green Powder

Fill your blender with the dried leaves, pulse a few times, and then set on a low speed to powder.

Strain powdered leaves into a storage container.

This helps keep out the larger flakes of greens. You can then return those to the blender/processor and whirl them around for another ride if they are not fine enough for you.

Yield:

1 cup of packed greens = ½ cup dehydrated greens = 1 Tablespoon+ powdered greens

Suggested Uses of Green Powder

You can add this nutritionally boosted powder to just about anything you cook. Are kids not getting enough greens? Green Powder is a great way to sneak extra into their everyday foods.

- **Sprinkle onto salads**
- **Bulk up your favorite herb mixture**
- **Mix into meat mixtures** - Meatloaf, tacos, shepherd and cottage pie, and more.
- **Sprinkle into casseroles**
- **Make real green eggs!** Mix into any egg dish that you are doing like scrambled eggs, frittatas, omelets, etc.
- **Add to smoothies** - if you've run out of fresh greens, no one says you can't use dried ones! I use approximately 1 TB of greens in a full blender)
- **Add to sauces** - adding green powder to any hearty sauce is another great way to boost nutrition without really affecting the flavor.
- **Color pasta** - use your favorite homemade pasta recipe and replace some flour with green powder to get vibrant green pasta.
- **Egg muffins** - we do egg muffins (a layer of greens, a layer of meat, a layer of cheese, a cracked egg (or egg scramble) and cook for 20 min. Sometimes, instead of actual greens, which can be a texture issue for my youngest son, I use a nice heaping teaspoon of green powder instead)

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UCCE Master Food Preserver Program of Solano and Yolo Counties | Jeanice Rigdon-Sobetzki, UCCE Master Food Preserver Coordinator | 707-312-4198
Diane L. Metz, Nutrition, Family and Consumer Science Emeritus Advisor and Academic Advisor to MFP Program | Solano Office: 501 Texas Street, First Floor, Fairfield, CA 94533 | Yolo County Office: 70 Cottonwood St. Woodland, CA 95695 | Website: <http://solanomfp.ucanr.edu> | Email: solanovolomfp@ucanr.edu