



Culinary Institute
of America

FOOD ID FROM CIA

COOKING GREENS



1. Swiss chard
2. Mustard greens
3. Dandelion greens
4. Beet greens

5. Rainbow Swiss chard
6. Spinach
7. Baby Swiss chard (red)
8. Baby Swiss chard (white)

Bachelor's and Associate Degree Programs for the Food and Hospitality Industry

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1-800-CULINARY (285-4627) | admissions@culinary.edu