



Christus St. Vincent Cancer Center Teaching Kitchen:

Dark Leafy Greens

Monday, October 5, 2026

11:00AM-12:00PM

Cancer Center First Floor Lobby

Free and Open to the Public



Interested in eating more leafy greens, but not sure where to start?

This is a great chance to try some different types of leafy greens, such as chard, kale, arugula, and more.

Learn how to prep, store and preserve them, and taste some creative recipes that will help you add more greens to your routine.



Questions? Contact:

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