



Collards

Plant: Sow seeds a half inch deep in rows 2 feet apart. Growing collard greens should be thinned gradually to stand about 15 inches apart. Thinning can be postponed until the plants are big enough to cook up a "mess of greens".

Grow: Prior to planting, enrich the soil by applying compost. In early spring, sow collard seeds directly in the vegetable garden for summer harvest. Seeds can be sown direct in early summer for harvesting in the fall. Even though collard greens are more heat tolerant than other cabbage relatives, the vegetable tastes better after chilly weather arrives. A bit of frost makes the leaves taste sweeter. The plants prefer full sun, though they can tolerate a bit of daily shade.

Harvest: Collards are ready for harvesting in 75 to 85 days. Harvest the entire plant or remove leaves as desired.

Nutrition Facts	
Serving Size 2 cups chopped (72g)	
Servings Per Container	
Amount Per Serving	
Calories 20	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 2g	
Vitamin A 100%	• Vitamin C 40%
Calcium 10%	• Iron 0%

Nutritional Information:

Collards are a good source of Protein, Vitamin, Thiamin, Niacin, Magnesium, Phosphorus and Potassium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Riboflavin, Vitamin B6, Folate, Calcium, Iron and Manganese.

How to Prepare: After growing collard greens, both canning and freezing the nutritious vegetable can be done with good results. A suggestion for serving collards that you previously canned is to dress them with salt, pepper, and vinegar. Cook your frozen collard greens in a little boiling salted water for 20 minutes or longer if you like them well done.



Potato Collard Soup

Yields: 4 servings

Serving size: 8 ounces

Ingredients

2 ½ cups chicken or vegetable broth (hot)

$\frac{3}{8}$ teaspoon olive oil

3 ½ tablespoon red onion, diced

2 cloves fresh garlic

$\frac{1}{8}$ teaspoon crushed red pepper

1 ¼ cups red bliss potatoes, diced

2 $\frac{3}{8}$ teaspoon fresh sage, chopped

1 bay leaf

4 $\frac{3}{4}$ ounces (weight) fresh collard greens, stems removed and leaves chopped (Kale, Swiss chard and other leafy green vegetables can be substituted for the collard greens)

2 $\frac{3}{8}$ teaspoon lemon juice

$\frac{3}{8}$ teaspoon salt

$\frac{3}{8}$ teaspoon pepper

Nutrition Facts

Per Serving

60 calories

1.5 g fat

11 g carbohydrates

2 g fiber

2g protein

Preparation

1. Pre-heat the chicken or vegetable stock to simmer.
2. In a soup pot heat olive oil over medium heat. Saute diced red onions, garlic and red pepper flakes for 2 to 3 minutes or until onions become translucent.
3. Add diced potatoes, stock, sage and bay leaf. Bring to boil.
4. Once boiling, add collard greens and reduce to heat to low. Simmer for 25 to 30 minutes until potatoes are tender.
5. Finish with lemon juice, salt and pepper.
6. Serve immediately. Refrigerate leftovers.

Nutrition Facts per Serving:

60 calories, 1.5 g fat, 11 g carbohydrates, 2 g fiber, 2 g protein