



COLLARD GREENS

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ENVS 210

FUN FACTS ABOUT COLLARDS

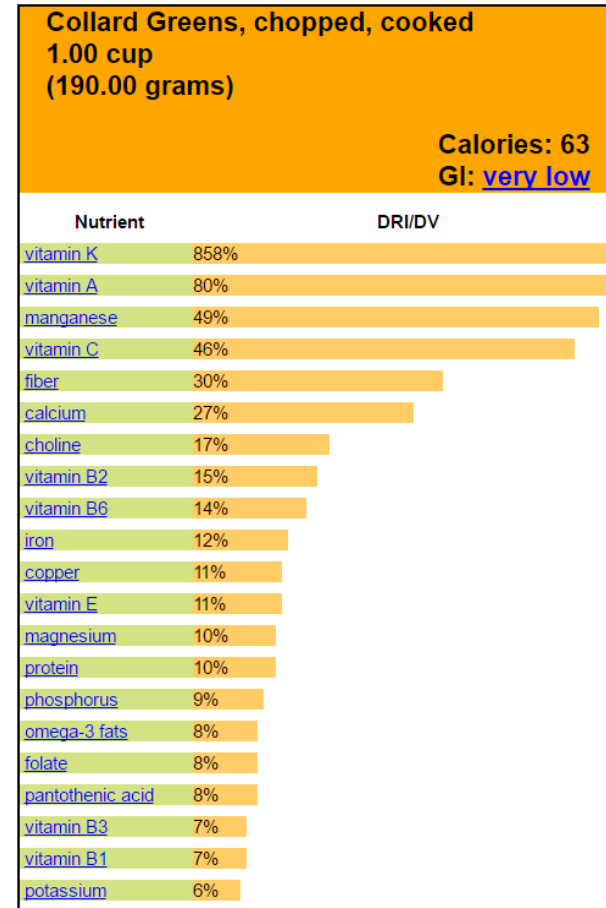
NATURALLY GROWN IN PREHISTORIC TIMES

COOL-WEATHER PLANT

COLLARDS ARE READY FOR COOKING AND HARVESTING WHEN THEY ARE A DEEP, VIBRANT GREEN

SUBSTITUTE FOR WRAPS IN SANDWICHES

Health and Nutrition Facts



- Vitamin K improves calcium absorption
- Promotes healthy hair and nails
- Low in calories
- Contain cancer preventative properties related to four glucosinolates (sulfur containing metabolites) found in collards
- Decrease risk of obesity, diabetes, and heart disease

Tips for Growing and Harvesting

Collard greens grow best in areas with moist, fertile soil.

Collard greens enjoy sunlight all day long, so plant in full sun.

Plants should be planted in rows that are at least 3 feet apart, as they get very large and need room to spread out.

Seedlings should be thinned to 18 inches apart within the rows.

- These thinned seedlings are a great addition in salads and coleslaw!

They should be planted three to four weeks before the last frost, and harvested in the late summer.

Pests and Pest Management

Aphids, loopers, and cabbage worms will congregate on the bottoms of healthy leaves and often eat holes into them

Harlequin bugs will live on and drain the sap from the leaves of the collard greens

Controlling these pests is actually very easy, and managing them does not require any pesticides or chemicals

- To deal with these pests, simply mix dish soap and water in a spray bottle and spray the leaves of the plant
- Spraying water mixed with either garlic or hot pepper spray is also effective



Recipes for Collards

Recipe by Ken Adams

Ingredients:

1 tablespoon olive oil
3 slices bacon
1 large onion, chopped
2 cloves garlic, minced
1 teaspoon salt

1 teaspoon pepper
3 cups chicken broth
1 pinch red pepper flakes
1 of pound fresh collard greens, cut into 2-inch pieces

Directions:

Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt.

Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.