COLLARD GREENS
Nick Newman & Naomi Huff
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.

Recipes for Collards

Recipe by Ken Adams

Ingredients:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon olive oil</td>
<td>1 teaspoon pepper</td>
</tr>
<tr>
<td>3 slices bacon</td>
<td>3 cups chicken broth</td>
</tr>
<tr>
<td>1 large onion, chopped</td>
<td>1 pinch red pepper flakes</td>
</tr>
<tr>
<td>2 cloves garlic, minced</td>
<td>1 of pound fresh collard greens, cut into 2-inch pieces</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td></td>
</tr>
</tbody>
</table>

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.

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.