

SPOTLIGHT ON PRODUCE

WHAT AM I?

Collard Greens are a part of the cruciferous vegetable family, closely related to Cabbage and Kale. They are often enjoyed during popular holidays, gaining their place as a Southern staple.

HOW DO I GROW?

These leafy greens thrive in cool climates, allowing them to be grown year round. Short periods of frost actually aid in the growing process, creating a better and more nutritious taste.

NUTRITION FACTS

Being an easy addition to many dishes, these leafy greens pack a lot of nutrition. They have been associated with heart health, digestive support, and cancer prevention!

COLLARD GREENS



FUN FACTS

Collard greens are one of the oldest members of the cabbage family—dating back to 2,000 years. You could share the same appetite as the Romans & Greeks!