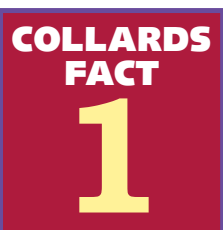


Collards

Collard greens are a member of the cabbage family.

Unlike the tight head of a typical cabbage, collards have large, dark green leaves that grow in a loose bouquet.



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Collards

The leaves of the most commonly grown varieties of collard greens are smooth with slightly ruffled edges.

The leaves grow on an upright stalk that can reach several feet tall.



**COLLARDS
FACT**

2

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Collards

Collard greens are available year round, but they are sweeter and tastier when grown in cold months after the first frost.



**COLLARDS
FACT**

3

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Collards

The name collards is believed to have been derived from the word colewort, which is a 14th century English word for cabbage.



**COLLARDS
FACT**

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Collards

Collards and black-eyed peas are traditional New Year's Day dishes that are thought to bring good fortune in the coming year.



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Collards

Collards have more fiber, niacin, calcium, and vitamin B5 than other cultivated leafy greens.

They are also higher in protein, iron, magnesium, phosphorus, zinc, folate, and vitamin K than almost all other greens.



**COLLARDS
FACT**

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Collards

Collards are so beloved in the American South that they are celebrated in poetry, songs, literature, and festivals.

Collards are even the official state vegetable of South Carolina!



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Collards

Greeks and Romans grew collards in their gardens over 2,000 years ago.

Today, collards are eaten around the world in different ways by different cultures.



**COLLARDS
FACT**

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Collards

Collard greens are a cultivar (cultivated variety) of the species *Brassica oleracea* and are closely related to broccoli, Brussels sprouts, cauliflower, kale, kohlrabi, and cabbage.



**COLLARDS
FACT**

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Collards

The collards at the local grocery store and farmers market typically have flat, green leaves.

But there are many different varieties of collards, including blue-stem collards, purple collards, yellow-green collards, and variegated collards. And collards can have smooth leaves, crinkly leaves, shiny leaves, or dull leaves.



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