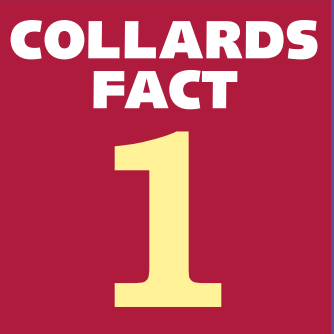


# Collards

**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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ONGOING GIFT FROM THE BENT SPOON  
AND WHOLE EARTH CENTER

# 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.**



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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.**



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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**

**4**

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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, calcium, niacin, 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**

**6**

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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.**



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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.**



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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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