

WORDS THAT DESCRIBE **COLLARDS**

FLAVOR • COLOR • TEXTURE

bitter

velvety

**broccoli-
like**

pungent

fragile

sweet

hot

smooth

mild

tough

earthy

acidic

fibrous

chewy

savoyed

assertive

blue-green

vegetal

meaty

deep green



Looking Back

History

Wild relatives of collards have been found on the coastlines of the eastern Mediterranean and in modern-day Turkey. More than 2,000 years ago, Greeks and Romans grew collards.

A 10th-century cookbook from Baghdad contains a recipe almost identical to modern preparations. Collards are featured in "The Forme of Cury," by master cooks of King Richard II from 1390. The first mention of the kales (coleworts) in America was in 1669.



What's in a Name?

Brassica oleracea acephala, aka...

Acephala means headless in Greek.

"Coles" were described in the 1st, 3rd, 4th, and 13th centuries by European writers.

The word collard is thought to have been derived from the word colewort or colewyr, a 14th century English word for cabbage or cabbage plant. Collards also are known as tree cabbage and non-heading cabbage.



Around the World

Penn State research suggests that collards arrived in Morocco in the eighth century with early Muslim traders, possibly those who managed the early trans-Saharan trade routes that carried gold and enslaved humans across the Sahara. During the Middle Ages, cabbages and turnips diffused south to what is now Mali. Collards reached Brazil with the Portuguese colonization, which began in 1500.

Their path to the US is unclear:

- Did collards come to the US early in the 16th century with Spanish, Portuguese or English Europeans?
- Were collards introduced to the Americas in the early 1600s by the first enslaved Africans brought to Jamestown, Virginia?



The Spoken Word
Google Translates

Words for Collards

**In Spanish, collards are called "cole;"
"couve" is used in Portuguese. Arabic texts
use "kornub" to refer to both.**

Latin: brassica oleracea,
variety acephala

Arabic: alkurnb بئركل

Cantonese: 芥菜

French: choux verts

Haitian Creole: kolye

Hindi: कोलार्ड्स

Italian: cavoli

German: grünkohl

Japanese: コラード

Persian: اه هداق

Spanish: berzas

Swahili: kola

Turkish: lahana

Ukrainian: коміри



Heart & Soul

Art &

Literature

Excerpt

"Harriette Winslow and Aunt Rachel Clean Collard Greens on Prime Time Television"

~ Ashley M. Jones, 2019

"...There was an earthy magic in my mother cleaning collards, their mineral scent, the sink-full of water my mother plunged them into, the water which washed them of their errors—greens baptized, clean from sediment and rock, our kitchen sink her pulpit, the leafy bouquet her holy book....

A kitchen is sweetened when collards are cooking, the air a

swelling porkfat perfume, the onion's pungent terror nulled by the ribboned greens—I loved to watch my mother cut them, roll the piles of flat foliage up like a cigar, the kitchen knife shining against a tight army of collards.

...She was a magician, more than just another mother...

She could turn a sprawling batch of collards into a smooth and savory feast, a world exploding in her small kitchen."



A Closer Look

Botany

Collards are members of the Brassica oleracea family, which includes mustards, turnips, broccoli, cauliflower, kohlrabi, Brussels sprouts, and cabbage. The genetic diversity within the species has complicated research into where collards were first domesticated and how they moved around the world. Collards grow on an upright stalk that can reach several feet tall. They have large, dark green leaves that grow in a rosette of leaves radiating from the center. There are many different varieties, including blue-stem, purple, yellow-green, and variegated. Collards can have smooth leaves, crinkly leaves, shiny leaves, or dull leaves.



Ripe for the Picking

Season's Best

The commercial season for collards in the Garden State is from mid-May through November, but farmers' markets and farmstands may have bunches available into the winter months. Collard greens are sweeter and tastier when harvested after the first frost, when the cells begin converting their starches into sugars. Harvest the outer leaves from the bottom of the stalk; younger leaves will continue to grow.



Soil & Sun & Water

In the Garden

Plant seeds outdoors about 1/4 inch deep, a couple of weeks before the last frost, or six weeks before the first frost, in a sunny, welldrained bed. Water regularly. Mulch to keep soil moist and to prevent weeds. Harvest leaves when plants are about 10 inches tall. There are myriad varieties of collards. 'Green Glaze', an old collard variety, has dark, shiny leaves that seem to be less attractive to caterpillars.

The Heirloom Collard Project, in which Princeton University participates by growing the Ultracross Collards, distributes and grows rare and unique collards.

heirloomcollards.org

companion plants: dill, garlic, sage, thym



By The Numbers

Math & Money

**China, India, and Russia
are the top three
producers of
collard greens.**

**In the US, South
Carolina and Georgia
are the heart of
collard country.**

**In the Garden State,
they often are grown
in the spring and in
the fall, at smaller-
scale, direct-to-market
farms particularly in
Cumberland and
Salem counties.**



Collards &...

Ingredient Pairings

Saute with garlic, onion and tarragon, season with a few shakes of vinegar, and toss with pasta and grated cheese. Pair collards with mustard and turnip greens, braised with turnips. Serve with hot cornbread to dip into the pot-likker - the highly concentrated, vitamin-filled broth that results from the long stewing of the greens. It's the "liquor" left in the pot.

FLAVORINGS THAT GO WELL WITH COLLARDS

bacon • black beans • black-eyed peas • butter • cardamom
carrots • chili peppers • citrus cloves • coconut • corn
cornbread • cumin • ham • hazelnuts • leeks • lemon • lentils
Manchego cheese • mustard • olive oil • olives • onions
Parmesan • peanuts • pears • pomegranate • potatoes • raisins
rice • scallions • sesame • shallots • smoked paprika • squash
sweet potatoes • tomatoes • red wine



Senses & Physiology

In the Kitchen

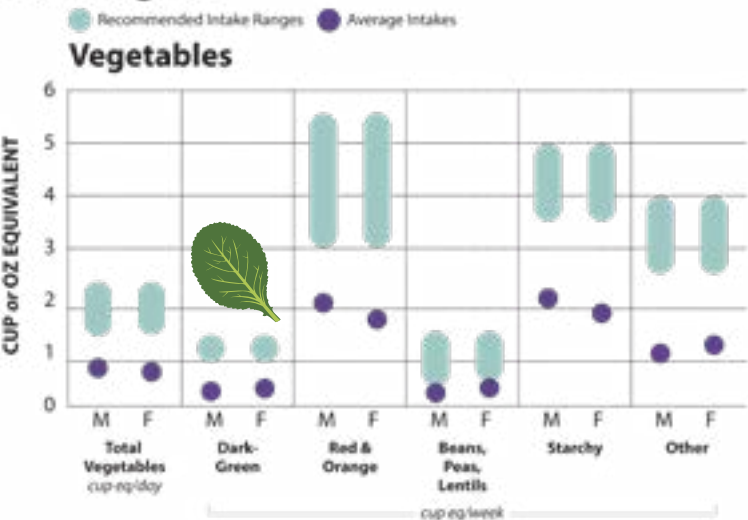
Collards' Mediterranean heritage appears in savory pies from Greece, Southern France and Italy and in caldo verde, a popular Portuguese soup. Collards also integrate well with spices and ingredients of South Asia and India. In Brazil, sauteed collards accompany feijoada, a long-simmered stew of black beans and pork. Collards remain a critical component of soul food, which blends West African, European, and Native American influences and is the traditional cuisine of African Americans from the Southern US.



Nutrition for Body & Mind

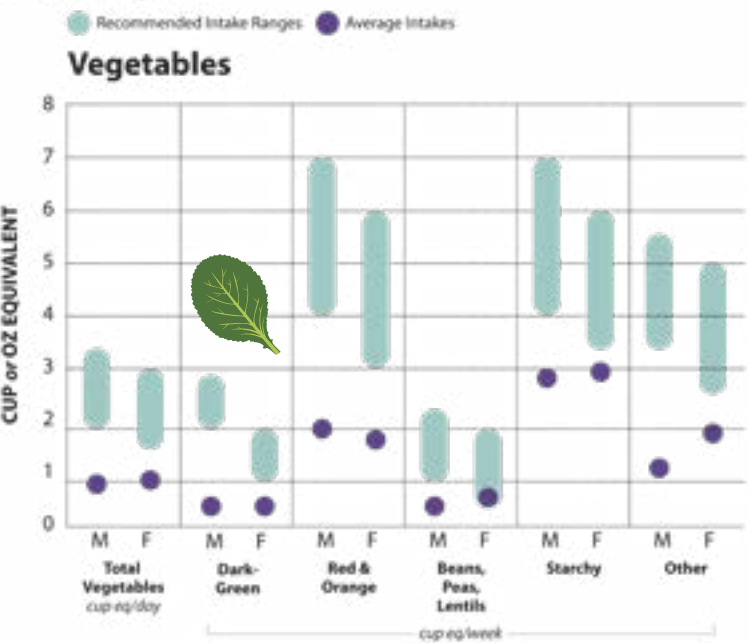
Fuel for Learning & Powerful Play

Average Intakes of Subgroups
Compared to Recommended Intake Ranges:
5 through 8

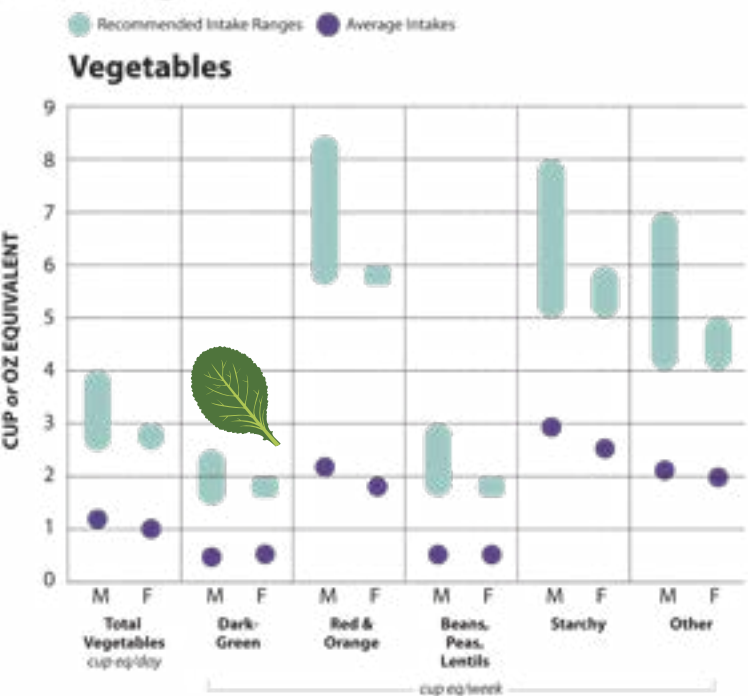


Collards have more fiber, niacin, calcium, and vitamin B5 than other cultivated leafy greens. They are also higher in protein, iron, magnesium, phosphorus, zinc, folate, and vitamin K than almost all other greens.

Average Intakes of Subgroups
Compared to Recommended Intake Ranges:
9 through 13



Average Intakes of Subgroups
Compared to Recommended Intake Ranges:
14 through 18



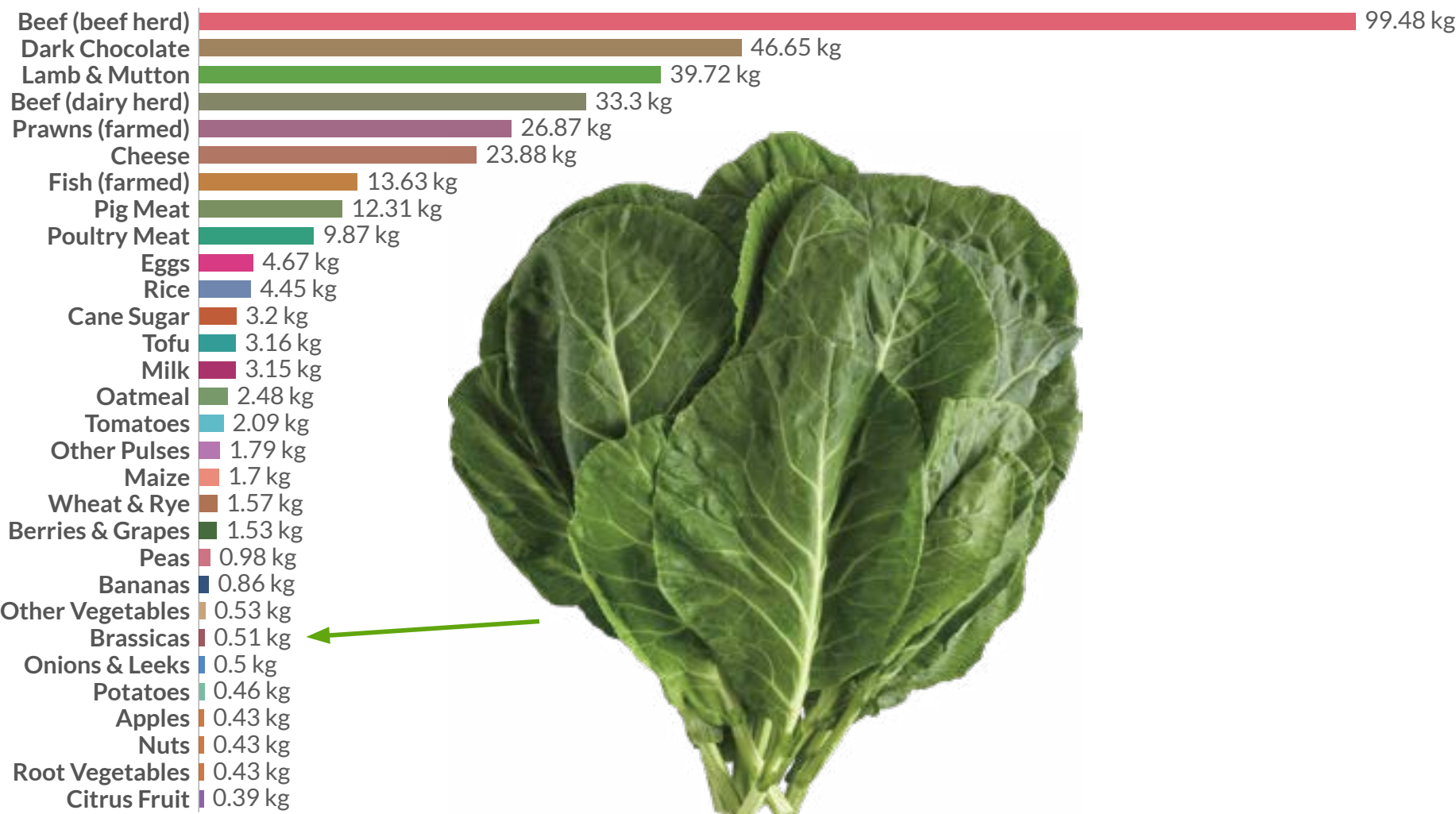
CLIMATE IMPACT OF COLLARDS

ONLY THOSE GROWN LOCALLY AND SEASONALLY

Greenhouse gas emissions per kilogram of food product

Our World
in Data

Greenhouse gas emissions¹ are measured in kilograms of carbon dioxide-equivalents². This means non-CO₂ gases are weighted by the amount of warming they cause over a 100-year timescale.



Data source: Poore and Nemecek (2018)

OurWorldinData.org/environmental-impacts-of-food | CC BY

<https://ourworldindata.org/environmental-impacts-of-food>

The greatest emissions are caused by the conversion of land, the continued use of that land rather than reforestation, and by processes on the farm. When possible, choose foods in season, and from smaller farms.

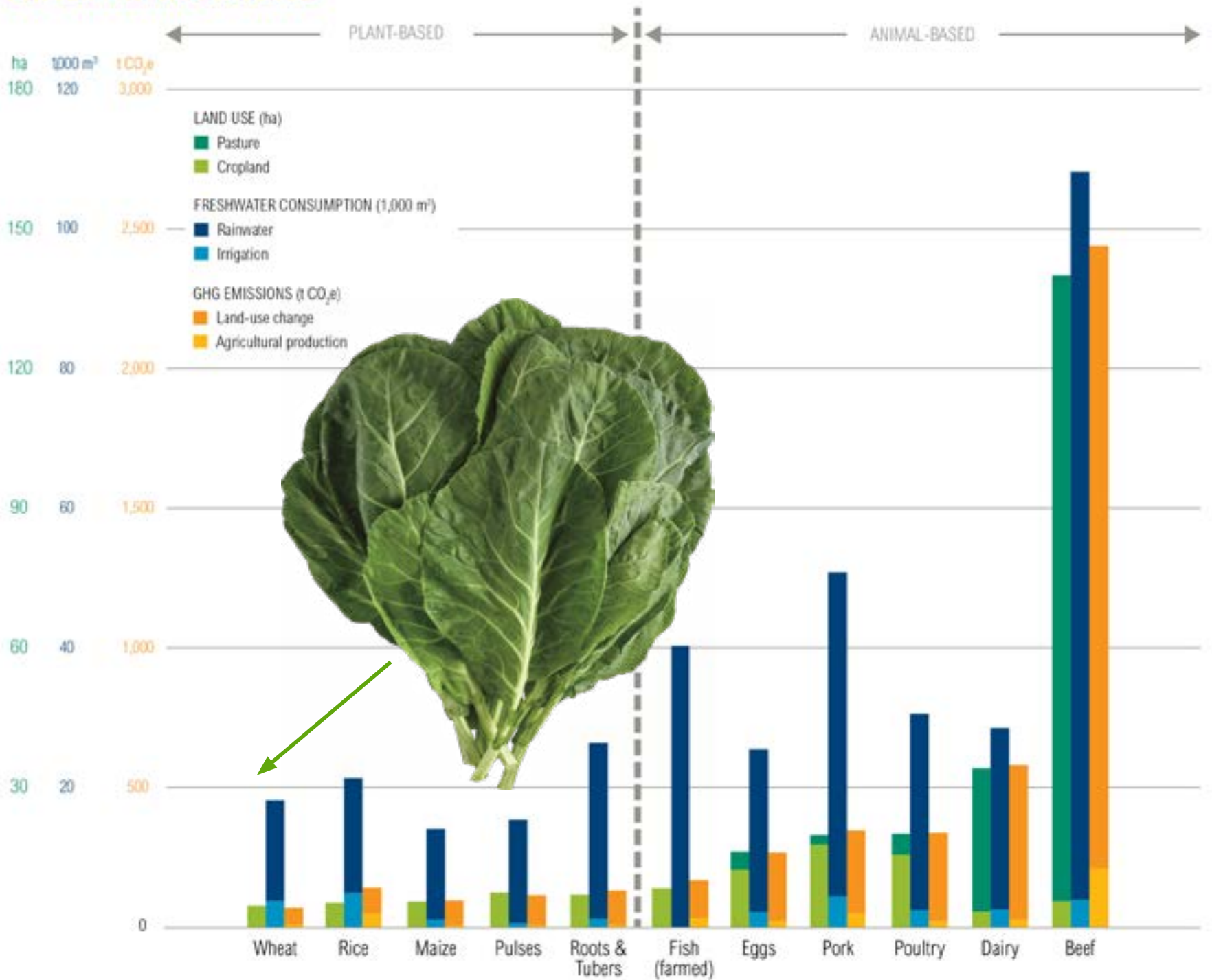


RESOURCE INTENSITY OF COLLARDS

ONLY THOSE GROWN LOCALLY AND SEASONALLY

Animal-Based Foods Are More Resource-Intensive than Plant-Based Foods

PER TON PROTEIN CONSUMED



wri.org/shiftingdiets

WORLD RESOURCES INSTITUTE

<https://www.wri.org/data/animal-based-foods-are-more-resource-intensive-plant-based-foods>

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Garden State on Your Plate

Collards Tasting

Begin with unseasoned raw collards.

Then season with a pinch of salt, then lemon juice, then salt and lemon. After observing how seasoning changes the flavor, they then taste a collard green slaw dressed with a warm vinaigrette. Students are asked to pay attention to how the vinaigrette changes the flavor and texture of collard greens. If available, compare and contrast different methods of cooking: steamed, boiled, sauteed, and with relevant flavorings.

This seasoning mix can be used to bathe vegetables before roasting, as a seasoning for braising or simmering, and for dressing salads of fresh greens.

Use a $\frac{1}{3}$ to $\frac{2}{3}$ ratio, lemon juice (or vinegar) to oil.

Vinaigrette

$\frac{1}{3}$ cup lemon juice

$\frac{2}{3}$ cup olive oil

1-2 garlic cloves,
crushed

$\frac{1}{2}$ teaspoon dijon
mustard

Salt

Freshly ground black
pepper

Place ingredients in a jar with
a tight-fitting lid.

Shake to combine.

Store in refrigerator.



Credits

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Garden State on Your Plate is a series of four school-wide produce tasting in each of the Princeton elementary schools. The emphasis is on a New Jersey produce item, the different ways it can be prepared, and how the flavor can be altered by the chef and the students. Children learn about farming and cooking, and gain flavor power—the ability to personalize their item using salt and citrus. In support of the tastings, children will learn about each farm item through a variety of classroom- and garden-based lessons.



psgcoop.org