

# Collard Greens





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## SHOPPER'S TIPS

- Look for crisp bunches with smooth, firm leaves.
- Avoid bunches with yellow, wilted, or slimy leaves and thick, dried-out stems. Wilting is a sign of bitter tasting leaves.

## FUN FACTS!

- Collard greens were grown by the ancient Greeks and Romans.
- A southern tradition in the United States, collard greens are eaten on New Year's Day to ensure wealth in the coming year because their leaves resemble folded money.

## WHAT IS IN IT FOR YOU?

One cup of cooked collard greens is:

- An excellent source of vitamin A, vitamin K, vitamin C, folate, fiber, and calcium.
- A source of iron, vitamin B6, riboflavin, and magnesium.

## SERVING IDEAS

- Flavor collard greens with smoked turkey, and do not cook them too long or most of their vitamins will go into the cooking water.
- Sauté chopped collard greens with onions, tomatoes, olive oil, and garlic.

## PEAK SEASON

California grown varieties, available from winter to spring, may be fresher and cost less than varieties shipped from other regions.

## STORAGE

Wrap unwashed greens in a damp paper towel and store in an airtight plastic bag. Place the bag in the refrigerator for up to five days.