



Collards

Brassica oleracea

Nutrition Facts

- Collards have high amounts of phytonutrients which help prevent various common forms of cancer.
- Collard greens become more nutritious once they are cooked.
- Collards can grow up to 4 feet tall and both the leaves and the stalks are edible.

Planting

Plant 3/15-4/10 or 7/25-8/20
(Guidelines for planting in raised beds)

Seeds: Sow 3 to 4 seeds 15-18" apart in rows spaced 12-15" apart. Cover with 1/2 inch of dirt.

Plants: Plant 12-15" apart in rows spaced 12-15" apart.

Harvest & Storage

Harvest collard leaves when they reach 5-6" in diameter and 6-7" in length. Harvest the leaves by cutting off the bottom layer first, where the larger leaves are found.

Store collards in the refrigerator for up to a week in a plastic bag. They become bitter more than five days after harvest. Do not wash the greens until right before you are going to prepare them.

Care

Young Seedlings: After germination, thin the seedlings so that only one plant remains in each group.

Plants: Water when the top one inch of soil dries out. Mulch the plants with cotton burr compost or straw to keep the soil moist and to prevent weeds from growing. To prevent cabbage loopers from eating the leaves, apply organic Dipel Dust.

Recipe

Wash all vegetables before using

Streamer Salad

1 pound collard greens
2 tablespoons olive oil
1/4 teaspoon kosher salt
Ground black pepper
1/2 lemon
1/4 cup shredded mozzarella

Roll collard leaves tightly lengthwise. Use a sharp knife and cut rolls every 1/4 inch. Place the greens into a large bowl. Pour in olive oil, salt and desired amount of pepper. Toss the greens and sprinkle with black pepper, lemon juice and cheese. Mix all together and enjoy!



KCCG Headquarters
6917 Kensington Ave
Kansas City, MO 64132

www.kccg.org
816-931-3877