



Collards

Growing & Harvest Info

Collards are a frost-tolerant, cool weather crop. In fact, frost actually enhances the sweet flavor of collards. For winter harvest, plant seeds in the late summer to early fall. For summer harvest, plant collards in the early spring (starting seeds inside 8 weeks before the last frost and transplanting 6 weeks later), and be sure to water sufficiently. Plant collards in full sun in well-drained, fertile soil that is rich in organic matter. In hot climates, collards will benefit from some shade. Plant seeds 1/4-1/2 inch deep and 1 inch apart. After germination, thin plants to 12-18 inches apart.

All green parts of the plant can be eaten, including the flowers, and harvested at any point throughout the growing season. In the summer, be sure to harvest collards before bolting occurs, usually 60-75 days after planting.

Nutritional Benefits

Collards

Source	Rating
Vitamins	EXCELLENT
Minerals	GOOD
Fiber	GOOD

Introduction

Collards are a Southern staple. Traditionally in the south, collards are incorporated into New Year's meals. A relative to kale, cabbage, broccoli and Brussels sprouts, collards are dark green, waxy, leafy plants that look much like cabbage without a head. Collards are an excellent source of vitamins C and Beta Carotene and fiber.

Preservation

Storing:

- Do not wash fresh collards before storing.
- To keep fresh indoors, set roots in moist soil or sand after harvesting for a few weeks.

Refrigerating:

- Wrap collards in a damp paper towel and store in a open plastic bag in the crisper drawer of the refrigerator for up to 5 days.

Freezing:

- Wash greens and cut off woody stems.
- Blanch greens by boiling in water for 3 minutes, then immediately placing in an ice bath for 1-2 minutes. Drain, and squeeze out any excess water.
- Store in airtight containers or freezer bags.

Vegetable state	Use by
Raw	2-3 weeks
Refrigerated	4-5 days
Frozen	10-12 months



Collards

Collard stems are edible. For a chewier texture, cook them while still attached to the leaves. For a more tender texture, remove the stems, cut them into 1 inch sections and cook separately.

Prepare collards like this:

Steamed
Stir-fried
Braised
Sautéed
Raw

Try collards in:

Salads
Wraps
Soups
Casseroles
Pestos
Chilis

Recipe 1: Simple Collard Greens

Ingredients

- 1 cup collard greens, rinsed
- 1/2 garlic clove, minced (optional)
- 1 tsp olive oil
- salt and pepper, to taste

Directions

- Chop greens into strips 1 inch thick and 4-5 inches long.
- Heat oil and add garlic over medium heat. Add greens and stir until they turn bright green, about 2-3 minutes.
- Increase heat to medium-high and fry for another 30 seconds, until greens are slightly tender.
- Toss with salt and pepper.

Recipe 2: Cumin and Chile Braised Collard Stems

Ingredients

- 3 tbsp olive oil
- 2 small Fresno chilies, seeded and minced
- 6 garlic cloves, thinly sliced
- 1 tbsp cumin seeds
- 1 3/4 lbs collard green stems, cut into 1 inch long sections
- 1 cup chicken stock
- 2 tbsp unsalted butter
- salt, to taste

Directions

- In large skillet, heat oil over medium heat. Add chilies, garlic and cumin. Cook for 1 minute, while stirring.
- Add collard stems and cook, stirring, for about 3 minutes or until bright green.
- Add stock. Cover and cook over medium-high heat, stirring occasionally, for about 10 minutes or until stems are tender.
- Turn off heat and stir in butter. Salt to taste.