



# Collards

Produced by:



— THE LAND —  
CONNECTION

## Fun Facts:

- Collards are popular around the world, especially in parts of Europe, the U.S., East Africa, Brazil, Portugal, Zimbabwe, and the Kashmir Valley.
- Collards are known as “tree-cabbage” and “non-heading cabbage” because they are closely related to cabbage but never form a central head.

## Nutrition Information:

- Collards contain substantial amounts of vitamin K and are a rich source of vitamin A, vitamin C, and manganese.
- Collards are also a good source of calcium and vitamin B6.
- Boiling will diminish the nutritional value of collards, especially because they tend to require a long cook time.

## Preparation:

- Dunk the leaves in a sink filled with cold water, using your hands to swish them around and push them under. Check the leaves for soil and garden pests. Refill the sink and repeat as necessary until clean.
- Because the leaves of collards require such long cook times, you don't have to remove the center stem from the leaf, but you should remove any remaining stem from below the leaf.

**Raw:** collards are not typically eaten raw, but you can add them to egg dishes (omelets, quiches, etc.), casseroles, lasagnas, and soups. They will need to be cooked long enough to soften. You may have to pre-cook them.

**Steam:** remove the lower stems and put the leaves in a pot with a steamer basket above an inch or so of boiling salted water. Steam mature leaves for approximately 7-10 minutes. Collards are ready when they are vibrant green and soft but not mushy. You want them to retain some texture.

**Sauté:** cut the leaves into thick ribbons and sauté in a skillet or sauté pan with pork fat, salt, and pepper (or whatever seasoning you desire) until the collards have just started to go limp. Be careful not to overcook collards.

**Microwave:** remove the lower stems, cut the leaves into ribbons, place the leaves in a quart baking dish with the water that clings to them from rinsing, cover, and cook on high until tender (approximately 7-10 minutes) stirring every 3 minutes. Let stand, covered, for 2 minutes.

## Storage:

- Wrap unwashed collards in a damp towel or in a plastic bag and refrigerate. Collards are best used fresh, but will last for up to a week.
- For longer-term storage, collards can be frozen. Wash, de-stem below the leaf, cut leaves into thick ribbons, and drop the pieces in boiling water for 3-4 minutes. Remove from the water and rinse under cold water or put in an ice bath to stop its cooking. Drain, let dry, and pack into airtight containers or freezer bags.