

Produce of the Month



Collard Greens



Nutritional Information

One cup of boiled collard greens, drained and without added salt, contains: 63

calories

5.15g of **protein**

1.37 g of **fat**

10.73 g of **carbohydrate**, including 7.6 g of **fiber** and less than 1 g of sugar

268 mg of calcium

2.15mg of **iron**

40 mg of **magnesium**

61mg of **phosphorus**

222mg of **potassium**

28mg of **sodium**

0.44mg of **zinc**

34.6mg of **vitamin C**

30mcg of **folate**

722mcg of **vitamin A**

1.67mg of **vitamin E**

772.5mcg of **vitamin K**



A high intake of plant foods such as collard greens, appears to decrease the risk of a number of health conditions, obesity, diabetes and heart disease.

Cruciferous vegetables have sulfur-containing compounds known as glucosinolates that may help prevent cancer.

At your age, how many of these vitamins and nutrients do you need daily to stay healthy?

Selecting & Storing



Collard greens should have firm, deep green leaves. Smaller leaves will be tenderer and have a mild flavor.



First, wrap them, unwashed, in damp paper towels until you are ready to use them. Keep the wrapped greens in an open plastic bag in the refrigerator for up to about 5 days. When you are ready to cook the greens, you'll need to wash them.



Wash the leaves by swishing them vigorously in a bowl of cold water. Pull the leaves out of the water, re-fill the bowl with clean water and repeat until you no longer see any grit coming off. It usually takes about 3 cycles for farm-fresh greens

Cooking Suggestions

Steaming collard greens for 10 minutes or less helps them to retain their nutrients.

Season them with peppers, chopped onions, herbs, and spices.

You can use collard greens: raw in salads or on sandwiches or wraps, braised, boiled, or sautéed in soups and casseroles.

Another idea is to saute fresh garlic and onions in extra-virgin olive oil until soft, then add collard greens. Continue to saute until they reach the desired tenderness.

Avoid frying collard greens in bacon fat or lard or overcooking them, this can create a strong, bitter sulfur taste.

Add a few to smoothies to increase nutrition.

Manchester's Message for a Healthier You



9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages

For more information visit: <http://95210.townofmanchester.org/> For more ideas, see: <http://townesharvest.montana.edu/documents/Cauliflower.pdf>