



COLLARD GREENS

DID YOU KNOW?

- Collard greens are members of the Brassicaceae family, known for its cruciferous vegetables such as cabbage, broccoli and kale.
- Collard greens are a headless forming cabbage, similar to kale. Their leaves are broad, paddle-shaped and grey-green to deep green in color with contrasting succulent white ribs and veins.
- Collard greens should be chewy in texture, a sign of good water content and freshness.
- Collard greens are rich in vitamin K.

FUN FACT!

Georgia is the second top-producing state for collard greens.



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