



Know What You Grow!



Collard Greens

Scientific Name: *Brassica oleracea*. Var
Acephala

Collard greens, and their closest cousin kale, belong to the cultivar group *Brassica oleracea* var. *acephala* (*acephala*: lacking a distinct head)

Recommended Varieties:

- Champion
- Vates
- Georgia

Common Pest(s):

Cabbage looper, whiteflies, diamond back moths and nematodes.

Sonomamg.ucanr.edu

Photos: Creative Commons

Growing Information

Cool Season Plant

Commercially, these Brassica's are biennial plants that are grown as annuals. An easy and rewarding plant to grow, collard greens are both heat- and cold-tolerant, and are available year-round in California.

Ideal Planting Window

Inland Valley – August; April

Desert – October - December

Growing Guidance

Sow seed 1/4 to 1/2 in. deep. Collards are large, open plants. You can space them 18 to 24 inches apart or plant them more thickly, then **thin** and eat young plants until you reach the desired spacing.

Sonomamg.ucanr.edu

[The Spruce.com](http://TheSpruce.com)



Interesting Facts

Collard greens are a type of cruciferous vegetable that belongs to the cabbage family. The plant originates from Eastern Europe and Asia Minor. Collard greens are cultivated in areas with cool climates around the world today. The plant grows on fertile, well-drained soil, exposed to direct sunlight. Collard greens require short periods of frost for the production of leaves of the best taste and quality. Collard greens are mostly cultivated as a source of food. In some parts of the world, collard greens are cultivated for ornamental purposes.

Name "collard" originates from the word "colewort", which is a synonym for the wild cabbage - an ancestor of modern collard greens. Collard greens are also known as "non-heading cabbage" or "tree-cabbage" due to cabbage-like leaves that resemble a crown on top of the stem after removal of the leaves (after few harvests) from the bottom part of the stem.

Collard greens are a **staple** vegetable in **Southern U.S. cuisine**. They are often prepared with other similar green leaf vegetables, such as kale, turnip greens, **spinach**, and **mustard greens** in the dish called "mixed greens". Traditionally, collards are eaten on **New Year's Day**, along with **black-eyed peas** or field peas and **cornbread**, to ensure wealth in the coming year.

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Nutritional Information

Nutritional Value

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

63 calories, 5.15 g (g) 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 milligrams (mg) of calcium, 2.15 mg of iron, 40 mg of magnesium, 61 mg of phosphorus.

[Medical News Today](#)

Recipe: Sauteed Collard Greens



Ingredients:

- 1 slice thick-cut bacon, diced
- 1 bunch collard greens
- 2 garlic cloves, minced
- 1/2 teaspoon kosher salt

Prepare:

1. Place the bacon in a sauté pan over medium-low heat and cook for 5 minutes to render as much fat as possible.
2. While the bacon is cooking, remove the stems from the collard greens, and thinly slice the leaves.
3. Add the garlic to the pan and cook for 1 minute. Add the greens and salt, stir well to coat the greens with the bacon fat, reduce heat to low, and cook for 5 minutes, until wilted, stirring occasionally. If you like them softer, cook for 10 minutes.

[Weelicious.com](#)

Contact Information



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