

ANOTHER
HERB HERBERT
FACT SHEET



SPECIAL INTEREST HERBS
GOURMET VEGETABLES
Collards

Brassica oleracea var. acephala
'Georgia Southern'

Collard date back to prehistoric times and were even used in ancient Greece, where it was grown and harvested. As a descendent of wild Cabbage, Collards today play an important part in southern American cuisine.

DESCRPTION
Collards are often compared to Kale, and although they share the same botanical name, Collards still have some distinctive qualities. Collards do not form a head like other lettuce varieties and is in the same family as cabbage and broccoli. The plant produces thick and fleshy dark green leaves and has a very mild flavor. Leaves are also very large and relatively broad. Collards are very sweet, not bitter and are relatively heat tolerant and frost hardy. Collard is a cool seasoned vegetable and does best in warm weather.

USES
Collards are typically eaten cooked and can be sauteed or steamed. Traditionally, Southern people serve steamed Collard with black-eyed peas and brown rice or

a filling for sushi when only lightly cooked. Collards can also be eaten raw and are sometimes tossed through salads for extra flavor.

PROPERTIES
Collards is known to contain sulfur-containing phytonutrients which are said to prevent cancer. Glucosinolates and cysteine sulfoxides in Collards are said to activate detoxifying enzymes in the liver. It may also be interesting to note that cooked Collards have a higher nutritional value than raw Collards. Some nutrients in Collards include vitamin C, calcium and beta carotene.



GROWTH
Collards grow well with Pennyroyal and can produce leaves up to 24in/61cm long and 18in/45.7cm wide. Greens such as Collard have a fairly short growing season. Collards can be grown in a wide range of soils but do best in sandy soils.

CULTIVATION
When harvesting Collards look for plants that have firm, green leaves with as little yellow and brown as possible. Larger leaves will be harder and will be less mild. To prevent your Collard leaves from becoming soft or wilting, place them in your refrigerator. It is suggested that Collards be stored in wet paper towel and placed in a plastic bag in the fridge for storage. For more cultural help see our organic garden fact sheets under the 'Special Interest' section of the pull down menu on the home page of our website.



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own bread. It can also be used as

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