

# HARVEST OF THE MONTH: COLLARD GREENS



## NUTRITION FUN FACTS:

- Collard greens are an excellent source of vitamin A, vitamin C, and vitamin K.
- Dark leafy greens have lots of calcium, which helps the body grow strong bones and teeth.
- Dark leafy greens are one of the healthiest vegetables out there! Try to eat some every day to keep your body strong and healthy.

## Fun snack ideas!

### HOW TO EAT COLLARD GREENS:

1. Cooking greens can help them taste less bitter. Plus, two cups of raw greens makes about 1/2 cup cooked, so they're easier to eat!
2. Sauté collard greens with garlic, onions, tomatoes, and olive oil for a healthy side dish!

## Pick the yummiest!

### THINGS TO LOOK FOR:

1. Choose collard greens with fresh, full leaves.
2. Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.
3. Store greens in a plastic bag in the refrigerator.
4. Wash greens thoroughly before use, and cut stems from the leaves to cook separately.

## BEST TIME TO EAT:

YEAR-ROUND



UNC Center for Health Promotion and Disease Prevention

# RECIPE: GREENS WITH CARROTS

## DIRECTIONS

1. Wash greens and separate leaves from stems. Slice stems crosswise, and chop or slice leaves into thin strips.
2. Peel carrots and cut into thin strips or coarsely shred
3. Heat oil in a large skillet over medium-high heat.
4. Add carrots and stems of greens; cook for 2 minutes.
5. Add garlic and cook for 1 minute.
6. Add greens, salt, pepper, coriander, and cayenne, if desired. Stir often.
7. When greens have turned bright green and begun to wilt, remove from heat.
8. Sprinkle vinegar and soy sauce over top of the greens. Toss gently and serve.

<https://foodhero.org/recipes/greens-carrots>

## INGREDIENTS

Makes 4 servings:

- 8 cups collard greens
- 2 teaspoons vegetable oil
- 2 large carrots
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon ground coriander
- 1 pinch cayenne pepper
- 1 tablespoon vinegar
- 1 1/2 teaspoons low sodium soy sauce

# ACTIVITY: SOUTHERN COOKING

There are many types of cooking across the Southern US, including Appalachian, Cajun, Creole, and Lowcountry. The word search below contains traditional dishes and ingredients from some of these cuisines. See if you can find all of them!

### Word Box

COLLARD  
GREENS  
CORNBREAD  
GUMBO  
HOMINY STEW  
JAMBALAYA  
RED BEANS  
SUCCOTASH

P N D K Y G X C T K S D A F R  
E H K Q F R B O J X C Q Y J F  
S N V Q A H Z L P G E G A C X  
H Y D T L U S L D V U D L T P  
M B R E D B E A N S S M A V R  
E N Z R F L E R T L Z I B G T  
A V L Q D R B D C O X A M O T  
K A Y K B G G G W X C G A D E  
P P V N A M U R C Z O C J A J  
P Q R E Z P G E Z Y Y V U I M  
P O H B K B O E P F O O J S V  
C F W E T S Y N I M O H N A H  
N K D A H L C S Y L K E E M L  
B W U U J E P K O S X X C C S  
T Y T Q T Z Y P S A E U L A V

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