

HARVEST of the MONTH COLLARD GREENS



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state.

To learn more, visit:
massfarmtoschool.org/hotm

Collard greens are a good source of vitamin K. Vitamin K is important for strong bones. It helps your body absorb calcium.

Healthy Serving Ideas

Sauteed Collards: Saute collards in a pan with olive oil, onions, and garlic. Young collards become tender in 15 minutes. Older collard will take longer to cook, about 30 minutes.

Collard Green Wraps: Use collard leaves as a substitute for tortillas in enchilada and burrito recipes. Remove stems, and steam the leaves in a pan with an 1" of water for 5 minutes. Remove and cool before filling!

Green Eggs & Ham: Make or buy biscuits. Then, make a breakfast sandwich with a fried egg, sautéed collards, and a slice of ham, turkey, or bacon!

Where to Find Local Collard Greens

MassGrown Map (MDAR)

<https://massnrc.org/farmlocator>

Harvest of the Month Book Club

Gr. K-5: [Anywhere Farm](#) by Phyllis Root

Gr. 6-8: [Prairie Lotus](#) by Linda Sue Park

Gr. 9-12: [Letters to a Young Farmer](#) by Martha Hodgkins

Fun Facts

- The name collard comes from the Middle English word colewort. Colewort means, "cabbage plant." This is where the name coleslaw comes from!
- Collards are one of the best non-dairy sources of calcium. They have more calcium than an 8-ounce serving of milk.

At Home Activity Reading & Drawing

Read the story [Tops and Bottoms](#) by Janet Stevens.

- Is the collard leaf the top, middle or bottom?
- Find paper and a pencil, pen, or colored pencils, and draw a collard leaf.
- If you have a magnifying glass, look carefully at the veins in the leaf.



Collard Greens Purchasing Pointers

- Look for collards with dark colored leaves that are firm and crisp.
- Avoid any collards that are yellow or brown in color.
- Store collards, unwashed, in the refrigerator in a plastic bag.



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.