

# Collard Greens

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Collard Green is nutritious, supports vision and prevents certain cancers

## GEEK TALK

Brassica oleracea

## BUT WE TALK

Couve-galega, courve portuguesa, collards, borekale

## DID YOU KNOW?

Another nutritious cruciferous vegetable and closely related to kale, collard greens are a very common vegetable today. Showing up regularly in “mixed greens” salads, the dark green colored leaves have a mild and somewhat bitter taste. The plant often grows as tall as two feet and is best eaten January through April.

## KITCHEN PHARMACY

- Collard Greens have enormous health benefits and have shown to be beneficial to good heart and bone health and are even thought to support good vision and help prevent cataracts.
- Collard Greens are thought to be one of the most beneficial vegetables to help lower your cholesterol and are believed to help prevent numerous types of cancer such as the bladder, breast, colon, lung, prostate and ovarian.
- In addition, they have great anti-inflammatory properties.

