



Collard Greens

Purchasing Specifications

Receiving Information:

- Selection: Consumers should choose greens that look crisp and fresh. Avoid wilted or browning leaves. A little dirt on the leaves is OK.
- Use: Greens can be used as a supplement to salads or they can be cooked and eaten as a side dish.
- Taste: Greens come in a wide variety of shapes, sizes and flavors. Most greens have a mild taste, but they range from bitter to sweet.
- Health: Leafy greens are a source of vitamin A, which contributes to eye and skin health.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: Yes
- Odor Producer: No
- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: No

- Usage: Collard is a popular substitute for cabbage.
- Outside Coloring: Dark green.
- Shape: Long, fan-shaped leaves.
- Phytochemical: Lutein, Sulphoraphane, and Indoles
- Taste: Mild flavored greens with slightly bitter flavor.
- Skin Texture: Smooth, firm leaves.
- Flesh Description: Smooth, green, firm leaves.
- Size: Varies

Nutrition Facts

Serving Size: 1 cup, raw

Amount Per Serving

	Fat Calories	% Daily Value*
Calories 11		
Total Fat 0 g		
Sat Fat 0 g		
Trans Fat		
Cholesterol 0 mg		
Sodium 7mg		0%
Total Carbohydrates 2g		2%
Dietary Fiber 1g		5%
Sugars 0g		
Protein 1g		2%
Potassium 61mg		1%
Vitamin A 17%	Vitamin C 17%	
Calcium 5%	Iron 0%	

*Percent Daily Values are based on a 2,000-calorie diet.