



Mississippi Farm to School

Mississippi Grown.
Mississippi Good.



Collard greens are an excellent way to eat healthy!

Collard greens provide an enormous amount of nutrition – and possess little to no calories! Low in saturated fat and cholesterol, this vegetable is a good source of protein, fiber, potassium, and vitamins A, C, E, K, and B-6. Collard greens are highly nutritious and are rich in vitamins, minerals, and antioxidants that can help decrease the risk of developing certain diseases. The best way to retain all these nutrients and health benefits is to steam collards.



Fun Facts

- Collard greens are part of the cabbage family.
- Collard greens are native to the Mediterranean region and Asia Minor.
- They were first documented in the Americas in the 1600's, although it's entirely possible that they existed before European settlers arrived.



*Collard greens are
grown in Mississippi
by farmers like
Glyen Holmes and the
Holmes County Food Hub
in Durant, MS.*

You can steam, boil, braise, and sauté collard greens.