Fun Facts About Greens!

• Mustard and collard greens are staples in Southern soul food and are traditionally cooked with ham hocks or smoked pork.
• Collard greens are tastier and more nutritious in the cool season after the first frost.
• Adding a handful of greens to your favorite smoothie will provide extra nutrients without changing the flavor.

Greens Are Nutritious and Good for You!

• Greens are a nutrition powerhouse! They are an excellent source of calcium and vitamins A, C and K.
• Swiss chard comes in a rainbow of stem colors and is a close relative to beets. It is as colorful as it is nutritious!
• Mustard greens are packed with fiber, which helps with digestion and reduces cholesterol.
• Cooked collard greens are an excellent source of omega-3 and omega-6 fatty acids, the essential fatty acids.