

Gleaning Collards



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Cup Collards, **Protein:** 1.1 g, **Fat:** .22 g, **Carbohydrates:** 2 g, **Fiber:** 1.4 g, **Sugar:** .17 g, **Calcium:** 84 mg, **Magnesium:** 10 mg, **Potassium:** 77 mg, **Vitamin C:** 13 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Sauteed Collard Greens & Garlic*

Season: *Fall*

Ingredients: 3 bunches collard greens, stemmed and chopped, 3 Tbsp. extra virgin olive oil, 1 Tbsp. butter, 2 Tbsp. minced garlic, kosher salt to taste.

Instructions: 1. Heat oil and butter in a skillet over medium heat. Add garlic and saute until golden.
2. Add collards, turning to coat. 3. Continue stirring until collards are wilting, about 5 minutes.
4. Add salt to taste, serve, and enjoy!

Fun Facts:

- ★ Collard greens were grown by the ancient Greeks and Romans.
- ★ A Southern tradition in the United State, collard greens are eaten on New Years Day to ensure wealth in the coming year because their leaves resemble folded money.
- ★ When harvesting, avoid bunches with yellow, wilted, or slimy leaves and thick, dried out stems. Wilting is a sign of bitter tasting leaves.
- ★ Collards are an excellent source of folate, fiber, and calcium!

Source: *Telegraph.co.uk*

For more information on **Farmers Against Hunger** and **NJ Agricultural Society**,
Or to make a donation,

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