



The Geneva School

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COLLARD GREENS

Today students in grades 2-6 had a chance to taste collard greens, both cooked and raw, blended into a smoothie.



Belonging to the cruciferous family like broccoli and kale, collards are a powerhouse green, dense in nutrients like potassium, iron, Vitamins A, K, and C, with flavonoids and antioxidants that protect against chronic inflammation and various cancers. They are high in fiber to help lower cholesterol levels, regulate

blood sugar levels and promote digestive health. The choline in collards helps with sleep, learning, and memory.

Collard greens can be steamed, boiled, sautéed, added to soups, or eaten raw in salads or by blending in green smoothies. The large leaves can even be used to make wraps.

Collards are also an easy plant to grow in Florida or find fresh locally at a farmers market in the fall, winter, and spring seasons.

Mrs. Jones' Collard and Coconut Green Smoothie

2 cups chopped or torn collard leaves
1 cup frozen fruit, slightly thawed
1 fresh banana
1 Tbsp. coconut oil
1/2 cup coconut water

- Place everything above in a blender.
- Blend until smooth.

Serves 2-3

Mrs. White's Soulful Collards

2 lb. bag of shredded collard greens (or approximately two large bunches of collard leaves with stems removed)

1 lb. ham hock - 1 medium to large, or 2 small ham hocks (or salted meat of your choice)

32 or 48 oz. carton of chicken broth or stock

- Place ham hock(s) in enough water to cover. Bring to medium boil and cook for one hour covered. The meat should begin to loosen from the bones.
- While the meat is boiling, if the greens are still in bunches, prep for cooking by soaking in salt water, then rinsing thoroughly. Using a paring knife, slice out most of thick stem from each leaf. Then stack 4 - 5 similarly sized leaves together, roll like a cigar, and slice in 1/2" strips.
- Place prepared greens into the pot with the ham hock(s). Add chicken broth or stock and allow to cook at a gentle boil until done to desired tenderness. Our family loves them cooked well - at least 90 minutes. Meat from the ham hock can be cut up and served mixed in with the greens.

Extra tip - Once all of greens have been consumed, save the "pot licker" cooking liquid. Freeze in small snack size bags to add to homemade chicken soup, as it adds lots of good nutrients and extra flavor as well!

Serves 6-10, and is great with cornbread!

Thank you to our parent volunteers who have worked with TGS Nurse's Clinic to make today's event a success: Amy Frost, Alli Hendrix, Leslie Stander, and Kamillia White!