

# Kale and Collard Greens

Ahh, the much loved or the much maligned Kale! Greens in general stir great emotion and passion in people. Some people can't imagine living without them, and some can't stand the thought of taking a bite. Collard greens come from a plant very similar to cabbage. The only difference is it doesn't form a head. Prized in the south as a side to almost any meal, collards are attaining gourmet status in many foodie circles.



Tuscan kale, AKA dinosaur kale

## TIPS:

**Storage:** See the guidelines for storing greens in this handbook.

**General Cooking Info:** Kale can be sautéed, steamed, baked, and fried. Some like to juice kale. If the bitterness of kale gets to you, try using it in baked recipes like quiche or casseroles. Kale chips are also a great thing to try for those who don't like it any other way.



red russian kale



curly kale

**Growing info:** Kale is grown mostly in the spring and fall. It does grow through the summer, but when it's really hot, it gets stressed out and develops tough leaves and more bitter flavors. We start kale indoors in March, and set the plants out in April. We do another fall planting to give us fresh growth into the fall. Watch for the first hard frost in October or November. After this kale will become very sweet! We grow collards in the fall and winter. They are very cold tolerant and so can produce well into early winter and again in late winter.

**Varieties:** Kale comes in many shapes and colors. We grow three main types: Curly kale-frilly leaves. Very winter hardy variety. Tuscan Kale- Also known as dinosaur kale for its dinosaur skin patterned leaves. Very dark green and nutritious. Russian Kale- A kale that stays tender even when reaching large sizes. It tends to wilt very quickly, so best to eat it soon.

**Common Problems:** As with all brassicas, flea beetle are the number one danger in the early stages of growth. These bugs are tiny, but they come in numbers, and they will devour young seedlings to death. With all brassicas we must cover them with floating row cover (basically a porous blanket) to act as a barrier. Later in the season cabbage worms hatch from eggs laid on the leaves and proceed to chew very large holes. We spray Bt to control them, but of course some survive and you'll see

evidence of that in most all brassica crops. Bt is a bacteria which when eaten by worms, will infect and kill them.

### **Sautéed Collard Greens**

3 bunches collard greens, stems removed and leaves cut into 1-inch strips  
 1/2 cup olive oil  
 3 cloves garlic, thinly sliced  
 1 teaspoon kosher salt  
 1/2 teaspoon black pepper

1. Bring a large saucepan of salted water to a boil. Add the collard greens in batches and cook until tender, about 10 minutes. Using a slotted spoon, transfer the greens to a colander and rinse under cool water. Squeeze the leaves to remove any excess water.  
 2. Heat the oil in a large saucepan over medium heat. Add the garlic and cook for 1 minute. Add the greens, salt, and pepper. Cook, stirring frequently, until wilted and tender, 3 to 4 minutes.

*from Real Simple*

### **Kickin' Collard Greens**

1 tablespoon olive oil  
 3 slices bacon  
 1 large onion, chopped  
 2 cloves garlic, minced  
 1 teaspoon salt  
 1 teaspoon pepper  
 3 cups chicken broth  
 1 pinch red pepper flakes  
 1 pound fresh collard greens, cut into 2-inch pieces

#### Directions

1. Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove

bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt.  
 2. Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.

*from Allrecipes.com*

### **Collard Greens Soup**

1/2 c. Northern beans  
 2 qt. water  
 1 sm. ham bone  
 1 sm. ham hock  
 1/2 lb. beef short ribs  
 1 bay leaf  
 1 tsp. salt  
 2 potatoes, diced  
 1 bunch fresh collard greens (2 pkg. frozen), chopped fine  
 1/2 onion, chopped  
 1/2 green pepper, chopped  
 1 blood sausage (Morzilla)  
 3 tbsp. bacon drippings

Soak beans overnight. In a large pot put water, ham bone, ham hock, short ribs, bay leaf and salt. Bring to boil, remove foam with a skimmer. Lower heat and simmer approximately 30 minutes. Add beans and cook until tender. Add potatoes and collard greens. Saute onion, green pepper and sausage (cut in 3 pieces) in the bacon drippings. When onion is soft, add to collard greens. Bring to boil and cook uncovered for 10

minutes. (This eliminates bitterness from greens.) Cover the pot and simmer until potatoes and greens are done.

*from Cooks.com*



**Collard Greens**

## **Garlicky Greens**

1 large bunch of kale, chard  
 2 tablespoons extra-virgin olive oil  
 fine grain sea salt  
 5 cloves of garlic, crushed and chopped  
 1/4 cup Parmesan cheese (opt)  
 crushed red pepper flakes

To de-stem each leaf of chard/kale, grab the main stalk in one hand and strip the leaf from the stem all the way up with the other. I then tear the big leaves into bite-sized pieces and wash the greens in clean water.

In a large skillet heat the olive oil. Add a couple big pinches of salt and the greens. Stir continuously until their color gets bright green, about three, maybe four minutes. Then, just thirty seconds before you anticipate pulling the skillet off of the heat, stir in the garlic. Saute a bit, remove the pan from the heat, stir in the Parmesan, and add a big pinch of crushed red pepper flakes.

## **Baked Kale Chips**

1 bunch kale  
 1 tablespoon olive oil  
 1 teaspoon seasoned salt

Preparation:

Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.

*from Allrecipes.com*

## **Kale and Roasted Vegetable Soup**

3 medium carrots, peeled and quartered lengthwise  
 2 large tomatoes, quartered  
 1 large onion, cut into 8 wedges or 4 or 5 slices  
 1/2 small butternut squash, peeled, seeded, cut lengthwise into 1/2 inch thick wedges  
 6 garlic cloves  
 1 Tbsp olive oil  
 6 cups or more of vegetable broth\*  
 4 cups of finely chopped kale  
 3 large fresh thyme sprigs  
 1 bay leaf  
 1 15 oz can of Great Northern white beans, drained  
 If cooking gluten-free, use gluten-free broth.

Method

1 Preheat oven to 400°F (reduce heat by 25°F if using convection oven). Brush rimmed baking sheet with a thin coat of olive oil. Arrange carrots, squash, tomatoes, onion, and garlic on

sheet. Drizzle with more olive oil. Sprinkle with salt and pepper. Toss to coat. Roast vegetables until they are brown and tender, stirring occasionally, about 45 minutes.

2 Cut squash and carrots into 1/2 inch pieces; set aside. Peel garlic cloves; place in food processor. Add tomatoes and onion; puree until almost smooth. Pour 1/2 cup broth onto the baking sheet; scrape up any browned bits. Transfer broth and vegetable puree to large pot. Add 5 1/2 cups broth, kale, thyme and bay leaf to pot. Bring to boil. Reduce heat. Simmer uncovered until kale is tender, about 30 minutes.

3 Add carrots, beans, and squash to soup. Simmer 8 minutes to blend flavors, adding more broth to thin soup if necessary. Season with salt and pepper. Discard thyme sprigs and bay leaf.

Can be made a day ahead.  
 Serves six.

*from Simply Recipes*