

South Carolina



Farm



to



School

Palmetto Pick of the Month GREENS

JANUARY



DESCRIPTION

Greens are composed of 3,700 species including kale, cabbage, turnips, and the South Carolina state vegetable, collards! These leafy, dark, blue-green vegetables can be grown in a variety of soils so they can be found from the Up-state to the Low Country!

PREPARING

Always wash greens properly before cooking or eating them raw, but never wash with soap! If you have loose leaves, use a bowl or salad spinner filled with cold water. Toss the greens around in the water for at least 30 seconds.

After your greens are washed, pat them dry to remove to the liquid.

GROWING GREENS

Sun Exposure: Full Sun

Soil Type : Loamy

Soil pH: Slightly Alkaline

Plant greens, such as kale before the last frost by placing seeds an inch deep and 1 inch apart in loose soil. These plants like moist, cool soil with good sunlight. Begin harvesting around 2-3 months after planting. Simply cut the whole plant or in pieces as it grows.

HEALTH BENEFITS

Greens are excellent sources of vitamins A, C, and K, along with other important nutrients such as calcium, iron, and fiber. They are also known to work as an anti-inflammatory, which help reduce the risk of cancer.

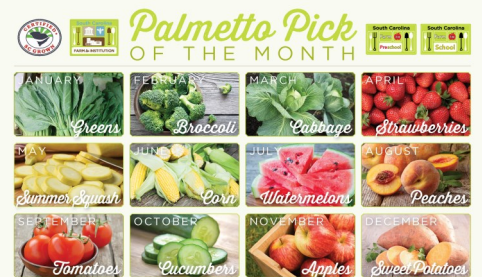
BOOKS

I Love Greens by Victoria Boutenko

The Tale of Kale by Lisa Borden

PALMETTO PICK OF THE MONTH SNACK

Drizzle kale with olive oil and sea salt. Cook for 10-15 minutes at 350 degrees. Enjoy!



FOR MORE INFORMATION ABOUT OTHER FRUITS AND VEGETABLES AVAILABLE IN SOUTH CAROLINA EACH MONTH, PLEASE VISIT CERTIFIEDSCGROWN.COM

FOR MORE INFORMATION ABOUT FARM TO INSTITUTION, INCLUDING RECIPES, PLEASE VISIT SCFARMTOINSTITUTION.COM