

SIMPLY GOOD

by Chartwells

FRESH & LOCAL

THE BEST
LOCAL FOOD
IS WHAT'S GROWN
CLOSEST TO YOU.



LOCAL PRODUCE FOR FEBRUARY 2012

APPLES	CROWN ORCHARDS	BATESVILLE, VA
COLLARD GREENS	BURCH FARMS	FAISON, NC
KALE	BURCH FARMS	FAISON, NC
SWEET POTATOES	MUZZARELLI FARMS	VINELAND, NJ

Collard Greens

Collard greens are popular all around the world. In the southern U.S., collard greens are eaten year round and seasoned with smoked or salted meats, like ham. In Brazil and Portugal, collard greens are often sauteed as a side dish and they are part of a popular soup called caldo verde, or green broth. In Pakistan and India, the root of the collard greens is often pickled to make haak-e-aanhaar.



Collard greens are an excellent source of fiber and Vitamin C. They are also low in calories, as a quarter pound of greens has less than 50 calories.


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