

collard's

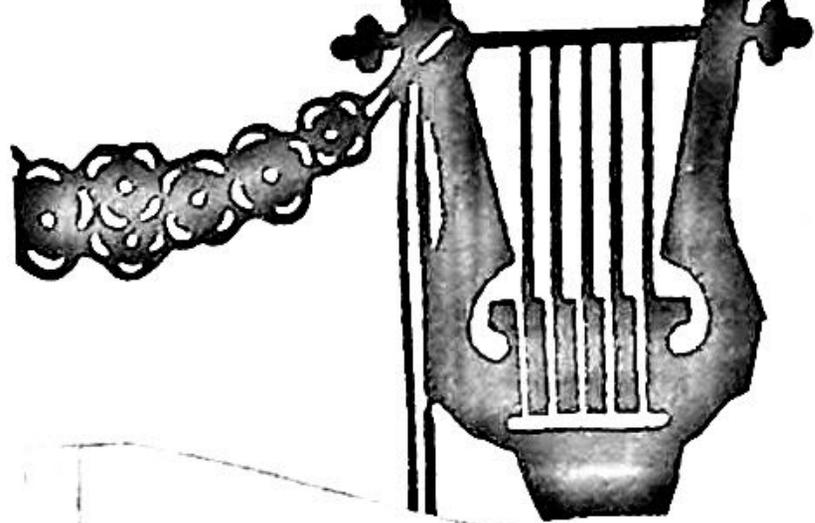


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FAST FACTS ABOUT COLLARDS

- Oldest leafy green in cabbage family dating back 2000 years with origins in the Mediterranean
- Named the state vegetable in



South Carolina in 2011

- Associated with
cancer
prevention, detox
support, anti-
inflammatory
properties, heart
health, and
digestive support

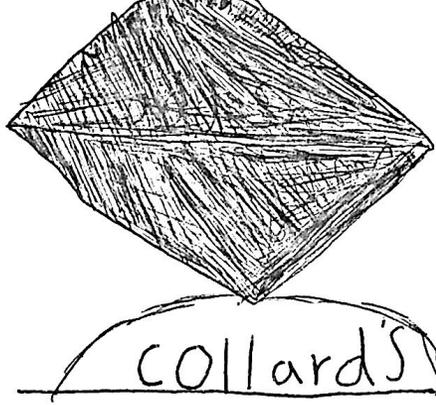
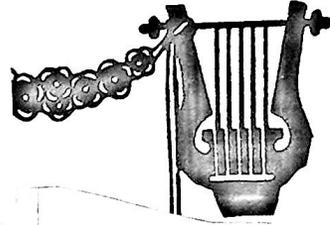


Greens taste great
steamed for 5 min. or
sauteed with some
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Put them in boiling
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