

# Collard Greens



# Collard Greens Overview

- One of the most nutritious vegetables
  - Low in calories
  - High in protein, vitamins, minerals
- Member of the cabbage family, do not form heads
- Tolerate more heat and cold than most other vegetables grown in Texas
- Grow best in cool weather

# Collard Greens – Soil Preparation

- Need deep, well drained soil
- Dig soil at least 10 inches as the roots can reach depths of 2 feet or more
- Add organic matter to clay and sandy soils
- Scatter about 1 cup of 10-10-10 fertilizer per 10 feet of row; work into soil

# Collard Greens - Varieties

- Varieties for Texas
  - Blue Max
  - Champion
  - Flash
  - Georgia LS
  - Georgia Southern
  - Top Bunch
  - Vates

# Collard Greens - Planting

- Can be started from transplants or seeds
- Transplants are usually used for spring crop
- Transplants add 4 to 5 weeks to the growing season
- Plant transplants in February/March
- Space 18-24 inches apart in the row

# Collard Greens - Planting

- Seeds sprout when soil temperature reaches 45 degrees
- Plant ½ inch deep; scatter seeds lightly in furrow
- One teaspoon of seed will plant about 30 feet of row
- Should sprout in 6-12 days
- For a fall crop, plant seeds 80 days before frost (August to September)

# Collard Greens – Care During Season

- Begin thinning plants when they are about 4-6 inches tall
- Leave about 18 inches between plants
- Thinned plants can be either transplanted to another spot or used as greens
- Crowding causes the leaves to be smaller and less green

# Collard Greens - Fertilizing

- Side dress with about 1 tablespoon fertilizer per plant
- Fertilizer after thinning and then again about 4-6 weeks later
- Collard greens need plenty of nitrogen to develop their dark green leaf color



# Collard Greens – Water and Weeds

- Water well each week if it does not rain
- Pull or carefully hoe weeds to keep down competition for water and nutrients

# Collard Greens - Insects



Cabbage Looper – treat with *Bt*



Aphid – treat with pyrethrins and/or rotenone



Harlequin bug – treat with Sevin

Before using any pesticide, read the label and always follow cautions, warnings, and directions.

# Collard Greens - Diseases

- If the plants have spots on the leaves, use a fungicide
  - Neem oil
  - Sulfur

# Collard Greens - Harvesting

- On small plants, cut the entire plant about 4 inches above the ground; may sprout back from stem
- On larger plants, harvest the lower leaves; allows plant to continue growing and producing more leaves
- In mild regions (south Texas and coastal areas), will produce all winter
- Can stand temperatures 20 degrees or less

# Collard Greens – Serving

- To prevent loss of nutrients, do not cook in too much water