

Collards

a taste of Africa on the Floridian table

Collard's roots reach back 2000 years to ancient Greek cuisine, and today the highly nutritious vegetable is enjoyed throughout most of the world. Brought to the Americas during European colonialism, the easy to grow green became a staple crop. Today, collards are a common side dish in Southern American cuisine, where they are often stewed with pork.

Borecole, flowering kale or fodder kale (English), 宽叶羽衣甘蓝 (kuān yè yǔ yī gān lán, Mandarin), kola (Swahili), couve (Brazil and Portugal), kovi or kobi (Spanish), haak (Kashmir), sukuma wiki (East Africa)



To learn more about Florida's culinary history, visit floridaheritagefoods.com

'Women preparing collard greens' (1938). Library of Congress.



COLLARD GREENS

75
MINUTES
TOTAL



INGREDIENTS

Collard greens
Bacon

DIRECTIONS

1. Wash Collard leaves. They should not be too old and coarse.
2. Cut Finely.
3. Boil until tender, at least an hour, in enough water barely to cover. Add several thin slices of white bacon to each market bunch of the leaves.
4. The water should almost cook away, leaving a delicious broth known to the South as “pot liquor.”
5. Cornbread is always served with collard greens and it is etiquette to dunk the cornbread in the pot liquor.

Recipe adapted from Opie, Fred. 2015. Zora Neale Hurston on Florida Food: Recipes, Remedies & Simple Pleasures. The History Press. (p. 18)

FACTS

The Romans carried collards throughout Europe and into Africa, and it became one of the most common greens consumed in East Africa and Zimbabwe. It came to Florida during European colonization, and it is staple side dish in Southern cuisine and African-American Soul Food.

When cooked alone, collards contain no fat nor cholesterol. They are also low in calories and rich in nutrients such as vitamins A, C, K; folate; calcium; fiber (“Collard Greens”).

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