

March Produce Guide

Don't let the March cold keep you from exploring local, seasonal produce. Here are some tasty, affordable options!

- Collard Greens
- Cauliflower
- Brussel Sprouts
- Shallots
- Broccoli
- Mushrooms



Below is a recipe featuring collard greens, here are a few of its health benefits as well as facts and tips about storing, selecting, and preparing this vegetable:

- Collard greens contain around only 35 Calories in every 100g
- A great source of Vitamin K, Vitamin A, and Calcium
- Also contains Potassium and Dietary Fiber
- A form of cabbage, and is a member of the mustard family
- When buying greens from a farmer's market, they may be dirty. Don't let that worry you! A quick scrub under warm water and they are ready to cook.
- Collard green stems can reach 3-4 feet in height

Kickin' Collard Greens (adapted from ChooseMyPlate.gov)

Serves 4, 1 hr cook time

- 1 pound of collard greens, cut into two-inch pieces
- 1 teaspoon of olive oil
- 3 strips of bacon
- 1 large onion, chopped
- 2 cloves of garlic, minced
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 3 cups of chicken broth
- (optional) 1 pinch of red pepper flake

Instructions:

- 1) Heat the oil in a pot over medium heat, add the bacon and cook until the bacon is crisp.
- 2) Remove the bacon from the pot and crumble into bits, then return into the pan.
- 3) Add the chopped onion and cook until the onion becomes clear in color (around 5 minutes)
- 4) Add in the garlic and cook for another 2-3 minutes. Then add in the chopped collard greens and cook in the mixture until the vegetable begins to become soft or wilted.
- 5) Pour in chicken broth then add salt, pepper, and red pepper flakes if wanted. Then turn heat to low, cover the pot with a lid, and simmer for 45 minutes.

[adapted from [ChooseMyPlate](#)]

