Greens are composed of 3,700 species including kale, cabbage, turnips, and the South Carolina state vegetable, collards! These leafy, dark, blue-green vegetables can be grown in a variety of soils so they can be found from the Upstate to the Lowcountry!

Growing Greens
Sun Exposure: Full Sun
Soil Type: Loamy
Soil pH: Slightly Alkaline

Plant greens, such as kale before the last frost by placing seeds an inch deep and 1 inch apart in loose soil. These plants like moist, cool soil with good sunlight. Begin harvesting around 2-3 months after planting. Simply cut the whole plant or in pieces as it grows.

Preparing
Always wash greens properly before cooking or eating them raw, but never wash with soap!
If you have loose leaves, use a bowl or salad spinner filled with cold water. Toss the greens around in the water for at least 30 seconds. After your greens are washed, pat them dry to remove to the liquid.

Health Benefits
Greens are excellent sources of vitamins A, C, and K, along with other important nutrients such as calcium, iron, and fiber. They are also known to work as an anti-inflammatory, which help reduce the risk of cancer.

Books
I Love Greens by Victoria Boutenko
The Tale of Kale by Lisa Borden

Palmetto Pick of the Month Snack
Drizzle kale with olive oil and sea salt. Cook at 350 degrees for 10-15 minutes. Enjoy!