

# Collards

Brassica oleracea

Non-GMO Sprouting/Micro Greens

**Collard Greens** are a staple in the South. They produce dark green sweet cabbage-type leaves that are delicious raw or cooked. Can be grown as sprouts or as traditional cabbage. Frost tolerant and easy to grow.

**Seeding Rate:**

- Indoor:* 3-5 seeds/ per inch
- Outdoor:* 250 seeds/ per 4 feet

**How to Grow Indoors:** No need to soak seeds overnight before planting. If grown indoors, germinate in darkness for at least two days (until germinated). Sow 2-3 seeds per inch in moist potting soil at a depth of 1/4" -- at temperatures 55°F to 75°F in full sun (or under grow lights). Keep the fertilized soil moist . Harvest when the seedlings are about 6" to 8" tall (about 8-12 days).



A fully certified organic and non-GMO variety



**Outdoors:** Start in spring when soil temperature is at least 55°F. Sow 2-3 seeds every 12-18". Sow closer to harvest baby greens. Thin to strongest seedling per space. Water at least 1" to 1.5" per week. Maintain soil pH at 6.5 to 7.0. Spray leaves with neem mixture to deter pests. Harvest the outer leaves first, leaving the center leaves to continue growing. To store, wrap leaves in a damp paper towel, put them in a plastic bag and store in the refrigerator. *Collards* can also be blanched and frozen for long-term storage. Expect *Collards* to harvest well after frost. (Sow in mid-summer for fall crops).

**Nutritional Value:** Sprouting seeds are richer in protein, folate, magnesium, phosphorus, manganese and vitamins C and K than un-sprouted plants. The vitamin and mineral content varies based on the variety of the sprouting seeds. Sprouts offer a powerful source of vitamins, minerals, antioxidants, and enzymes that fight free radicals because sprouting can increase their potency by 20 times or more.



Growth Habit	Germination Rate Days	Days to Maturity	Temperature Range	pH Range	Plant Height	Row Spacing	Light Requirement	Plant Width	Certified Non-GMO
Bunch	Fast 4-10 days	Sprouts 5-14 days	Mild 55°-75°F	Medium 6.5-7.0	w/leaves 12-24"	Plants 18"	Full Sun (after first 2 days)	Leaves 6"-12"	Yes

30684 Hwy 34  
Albany, Oregon 97321  
www.baileysseed.com



Toll Free: 800-407-7713  
Phone: 503-362-9700  
Fax: 503-362-1705