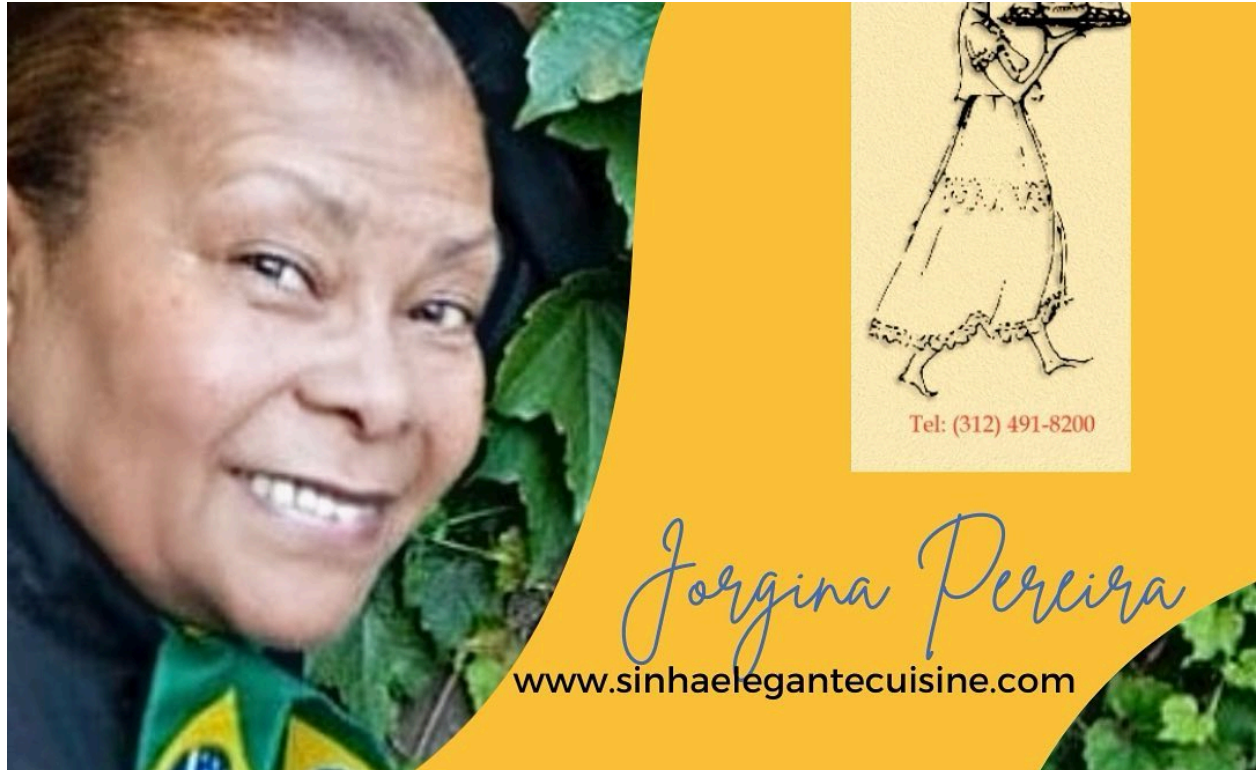


COLLARDS IN A NEW LIGHT

MEET THE CHEF



Chef Jorgina Pereira, born and raised in Brazil, has been a Chicago resident for almost 50 years. She is the chef and owner on Sinha Elegant Brazilian Cuisine, located on Chicago's West Side, and a recipient of many awards, including 2022 Jean Banquet award for alternative dining. Jorgina grows some of her own herbs and vegetables, and has a spectacular grape vine on Sinha's patio.

Chef Jorgina is intimately familiar with challenges of her community through her experience as a social worker (Pereira's first career), and dedicated community involvement. She is passionate about nurturing people through food, and wisdom & warmth contained in cultural traditions of growing and preparing food.

For our Harvest Fest, Chef Jorgina will demonstrate a chiffonade technique, and how to prepare a fantastic salad from raw collards, a vegetable that is an absolute superfood powerhouse. Read more about nutrition and benefits of raw collards below.

REASONS TO GROW COLLARDS: heat and cold tolerant all-season veggie, perfect for Chicago area gardens April through November.; heavy producer.

REASONS TO EAT COLLARDS: PACKED WITH NUTRIENTS



Collard greens are a cruciferous vegetable, and a dark leafy green. They are an excellent source of vitamin K (1 cup of cooked collard greens has eight times the daily requirement), vitamin A, vitamin C, folate, beta-carotene, and lutein.

May Lower Cancer Risk: Some studies have shown that higher consumption of cruciferous vegetables may reduce the risk of some cancers, including prostate, breast, and lung cancers.

Improves Heart Health: High intake of leafy and cruciferous vegetables is associated with a lower risk of cardiovascular disease (as much as 16% lower). This effect is attributed to reducing atherosclerosis, and high fiber contributing to reducing bad cholesterol and blood pressure.

Lowers Risk of Chronic Disease: The dietary fiber in collard greens IS ASSOCIATED WITH lower risk for stroke, diabetes, obesity, and some gastrointestinal diseases.

Promotes Eye Health: One of the antioxidants in collard greens is lutein. This compound, related to vitamin A, is important to healthy vision and helps protect the eyes from age-related degeneration and diseases.

Repairs Cell Damage: Along with lutein, collard greens contain other antioxidants that can help protect the body from oxidative stress and inflammation.