

The Collard Green

The collard green is a weed. A weed is an undesirable plant growing wild. They provide shelter and incubation for diseases and insect pests, which damage crops, and has no food value.

For the benefit of the so-called Negro, the white nutritionist teaches that the collard green has vitamin B2 (Riboflavin) which is necessary for healthy skin, and hair, good digestion, sound nerves, increases resistance to infection, general weakness, and poor eye condition.

People have been known to break out in a rash everytime they eat this weed. It is also very hard to digest.

The collard green is never found in predominantly white neighborhoods.