



KALE



Kale is a leafy vegetable that is relative to the cabbage family. Kale is native to Europe and Asian Minor. Kale has been grown and consumed by humans since 600 B.C.

NUTRITIONAL INFORMATION

- Kale is rich in Vitamin K which is important for bone health and reducing blood clots.
- Kale is high in Vitamin A which is important for vision and healthy skin.
- Kale has high amounts Vitamin C which is important for immunity.

HOW TO STORE

- Avoid excess moisture
- Wrap kale bunch in a layer of paper towels.
- Store in big ziplock bag and place in the crisper drawer in the refrigerator.
- Will stay crisp for about a week.

HOW TO PREPARE

- Wash kale before eating
- Add in smoothies
- Chop into a salad
- Bake to make kale chips!

FUN FACTS

- Kale contains lutein, which gives the plant its color, lutein is also important for healthy vision.
- Kale was so vital to Scotland during the middle ages they used "come to kale" as an invitation phrase to dinner.



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