CHARACTERISTICS

- There are many types of kale including curly leaf, red, and flat leaf (dinosaur).
- Kale is in the same family as cabbage, Brussels sprouts, cauliflower and broccoli.
- Select dark colored kale without brown or yellow leaves.
- 1 cup of raw kale contains:
  - 684% of your recommended daily value of vitamin K to help with the formation of bones, tissues and hormones.
  - 206% of your recommended daily value of vitamin A to keep eyes and skin healthy and to protect the body against infections.

PREPARE

Rinse under running water and dry with a paper towel or strainer. The spine of kale is tough, so it is best to remove it before preparing.

Try kale:
- Steamed
- Sautéed with a light seasoning
- Baked into chips
- Raw as part of a salad (massaging or scrunching it with a bit of oil will make raw kale much more tender!)
- Blended into a smoothie

STORE

- Wrap unwashed kale in a damp paper towel. Store in a plastic bag in the refrigerator for up to 5 days.