

— KALE —

What are they?

- Kale is leafy, green vegetable that shares relation to Brussels sprouts, broccoli, kohlrabi, and more.
- Kale can be green or purple.
- The leaves are either curly or smooth.
- Kale can be chopped and eaten raw or cooked in almost any fashion.



When are they available?

- Kale can be grown both in spring and fall.
- After 70-80 days of direct seed planting, kale will be ready.
- After 55 days of planting a transplant, kale will be ready.
- Once harvested, additional kale leaves will grow again.
- Kale is best grown next to other plants such as beets, garlic, or spinach.

What's so cool about them?

- The Romans and Greeks are thought to be the first to use kale.
- Kale is eaten all around the world from Kenya to Italy.
- Eating Kale may help increase your mood!
- Kale has more calcium than a serving of cow's milk.
- Improving the flavor of kale does not hurt the benefits of it—pairing kale with a fat containing food item like avocado or cheese actually helps the nutrients in kale be better absorbed.



Why should I eat them?

- Kale is an excellent source of:
 - * Vitamin A which helps our keep our immune system strong as well as our vision
 - * Vitamin K which plays in integral role in blot clotting
 - * Vitamin C which allows our bodies to synthesize a critical protein—collagen
- Kale is source both protein and omega-3 fatty acids

