PROFILE

I PAIR WELL WITH...

AUGUST- OCTO

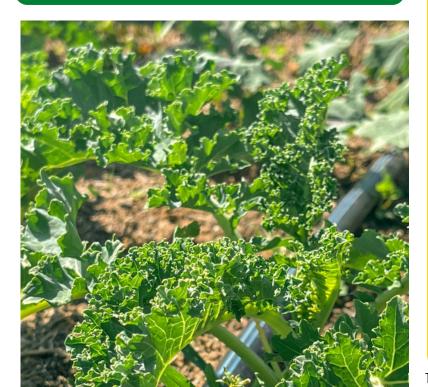
MARCH-MAY

- GARLIC, OIL, RED WINE VINEGAR
- 🗹 ONION, SALT, SAUSAGE

Nutrition Facts

Amount per serving Calories	33
	% Daily Value*
Total Fat Og	0%
Saturated Fat 0g	0%
Cholesterol Omg	0%
Sodium 29mg	1%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 0g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 90mg	7%
Iron 1mg	6%
Potassium 329mg	7%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <u>2,000 calorie a day</u> is used for general nutrition advice.



PREPARATION TECHNIQUES...

BLANCH	SAUTE
BOIL	STEAM
BRAISE	STIR FRY

KEEP IN MIND...

- Notable flavor
 - Earthy, bitter, crunchy, tough
- Can you consume it raw?
 - Yes! Kale can be served raw in a salad after being massaged or great cooked into dishes or crisps
- What parts of the plant can you eat?
 - The leaf and stem of the plant can be eaten, massaging the plant before eating will help break down the texture and absorb flavor
- Short term storage
 - Place in airtight container or bag, surround with a paper towel, place in fridge in the fresh drawer
- Long term storage
 - Wash kale, blanch and shock, store in freezer for up to 12 months

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

NUTRIENTS AND BENEFITS

- Vitamin C
 - 2 cups contain 130% daily value, manage blood pressure, support immune system
- Vitamin A
 - Normalize cell function, protect eyes
- Vitamin K
 - Promote heart health, prevent osteoporosis, menstrual pain relief

ANTIOXIDANTS AND BENEFITS

- Beta-carotene
 - Eye health, cognitive function (improve memory), skin protection (protect against UV light), cancer prevention
- Flavonoids
 - Ward off everyday toxins, decrease risk of chronic health conditions