



MARCH-MAY
AUGUST- OCTOBER

KALE PROFILE



IT PAIR WELL WITH...

- OREGANO, POTATOES, SHALLOTS
- GARLIC, OIL, RED WINE VINEGAR
- ONION, SALT, SAUSAGE

PREPARATION TECHNIQUES...

- BLANCH SAUTE
- BOIL STEAM
- BRAISE STIR FRY

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

Nutrition Facts

Serving size: 1 cup, chopped

Servings: 1

Amount per serving

Calories **33**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 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. 2,000 calorie a day is used for general nutrition advice.

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

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

