

# Kale



## SEASONALITY



## NUTRITIONAL PROPERTIES

Kale is a nutrient powerhouse. It's high in vitamin A, K, B6, C, calcium, potassium, copper, and manganese. It's also very high in fiber as a member of the brassica family (along with cabbage, broccoli, bok choy, and other cruciferous veggies).

## STORAGE

Kale can be stored in a plastic bag in the refrigerator for 1-2 weeks. Revitalize wilted kale by soaking in cold water with ice cubes.

## PRESERVATION

Kale can be blanched and frozen. It stays good for about 8 months in the freezer. You can also put kale into soups or stews and freeze for later consumption.

## HOW TO PREPARE

1. Remove the center stems with a knife.
2. Chop roughly and add to salads.

Kale is often eaten raw. Because kale is so fibrous, its often best to use acid, mechanics, or heat to help break down the plant so you can absorb more nutrients. This could be dressing your salad ahead of time, massaging the kale, or sautéing/steaming right before consumption.

Kale can be added salads, stews, soups, stir fries, scrambles, or any other dish you may be making.

## RECIPES FROM HDFFA

*with kale*

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- One Pot Pasta
- Peanut Noodles

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)  
OR SCAN CODE TO FIND OUR RECIPES

