



Kale



How do I make a good selection?

Choose kale with firm leaves that are free from damage or are brown or yellow colored. For curly or Dino/lacinato kale, choose leaves that have a deep green color. When choosing purple kale, choose leaves that have a purple-colored stem with full purple leaves or purple edges.

What is Proper Storage?

Kale can be stored unwashed in a plastic bag in the refrigerator for three to five days.

Why Should I Eat This?

Kale is high in both Vitamins A and C, which are powerful antioxidants. Vitamin C helps heal cuts and wounds and Vitamin A helps promotes good vision and cell growth. Kale is also a good source of calcium which helps support bones.

How Could I Use This?

- Add to soup or stews
- Sauté kale with garlic and oil and serve as a side dish
- Add to a homemade pizza
- Make a pesto with olive oil, kale & walnuts
- Add to a sandwich or wrap
- Mix in kale with a grain or pasta salad
- Use in place of spinach or lettuce in a salad or on a sandwich or burger.

RECIPE: Kale Chips

INGREDIENTS

- 1 lb kale
- 3 Tbsp oil
- 1 Tbsp apple cider vinegar
- Salt (to taste)
- Grated parmesan cheese (optional)

INSTRUCTIONS

- Preheat oven to 350 degrees.
- Trim kale of tough stems and roughly chop leaves into potato chip sized pieces.
- In a bowl, whisk together oil and vinegar. Toss kale in the mixture until coated.
- Spread kale in a single layer on a baking sheet and sprinkle with salt.
- Bake 10 minutes until leaves are crispy but not completely browned, stirring after 5 minutes of baking. Sprinkle with parmesan cheese, if desired.

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