Kale

**Introduction**

Kale is a member of the Brassica family and is one of the most nutrient-dense foods on the planet. It is rich in vitamin A, C, K and B6 with large amounts of potassium, calcium, iron, and manganese. The ancient Greeks cultivated leafy greens like kale and boiled them to eat as a cure for drunkenness.

**Preservation**

**Storage:**
- Store kale unwashed in the coolest part of the refrigerator for 3-5 days

**Freezing:**
- Rinse kale thoroughly with cold water. You can give them a rough chop for easier use in the future.
- Blanch kale by submerging in a pot of boiling water for 30 seconds before transferring to bowl of ice water.
- Drain the water and ice and squeeze as much liquid from kale as possible.
- Pack leaves tightly into baseball-size spheres and spread on a baking sheet, keeping them separated and not touching.
- Cover with plastic wrap and freeze for 1-2 hours until partially frozen. Remove and transfer to heavy plastic bag, remove all air, and store in freezer

**Canning:**
- Can only freshly harvested greens. Make sure to use pressure canner. For instruction on canning: https://nchfp.uga.edu/how/can_04/spinach_greenes.htm

**Growing & Harvest Info**

Kale is a cool season vegetable that should be planted in early spring and can be grown from seeds or transplants. It requires full sun exposure and moist, well-drained soil.

Plant seeds 1/4-3/4" deep. Transplants need 5-6 weeks to reach planting size and should be planted 3-4 weeks before the last frost. Both seeds and transplants should be spaced 12-18" apart within rows that are 24" apart.

Harvest when several small-to medium-sized leaves have developed and are a dark green color. As temperatures grow warmer and plants grow older, the leaves will become tough and bitter.

**Nutritional Benefits**

**Kale**

<table>
<thead>
<tr>
<th>Source</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamins</td>
<td>EXCELLENT</td>
</tr>
<tr>
<td>Minerals</td>
<td>GOOD</td>
</tr>
<tr>
<td>Fiber</td>
<td>MODERATE</td>
</tr>
</tbody>
</table>
Kale

Recipe 1: Kale Chips
Serves 4, Preparation 15 minutes
Ingredients
- 1 bunch of kale, washed and dried
- Nonstick cooking spray
- 2 tbs. olive oil or coconut oil
- 1/4 tsp. seasonings of your choice (garlic powder, cumin, onion powder, fennel, coriander, pepper, etc)

Directions
- Preheat oven to 350 F. Line two baking sheets with aluminum foil and lightly spray on nonstick cooking spray.
- Separate leaves from center of kale and tear leaves into smaller pieces. Ribs of leaves can be composted.
- Spread leaves on baking sheets, drizzle oil and sprinkle seasoning until evenly distributed.
- Bake in the oven for 3-5 minutes, then turn over each leaf and cook for another 3-5 minutes until crisp (but not charred!)
- Remove from oven and enjoy.

Recipe 2: Kale Salad
Serves 4, Preparation 15 minutes
Ingredients
- 4 cups raw kale, finely chopped
- 1/3 cup non-creamy salad dressing of your choice
- 1/3 cup chopped nuts
- 11/2 cup chopped fruit, like apples or oranges
- 1/3 cup dried fruit, like raisins or cranberries (optional)

Directions
- Toss kale with dressing and massage well with hands for a few minutes.
- If possible, allow kale to sit (no longer than an hour)
- Add remaining ingredients and toss before serving.

Prepare Kale Like This:
- Baked
- Braised
- Roasted
- Raw
- Sautéed
- Steamed
- Wilted

Try Kale In:
- Omelets
- Pastas
- Salads
- Smoothies
- Soups
- Stews
- Stir-frys