

# KALE



## Fuel Your Family

### What is Kale?

Kale is a leafy green vegetable and is in the same family as collard greens, cabbage, cauliflower, and broccoli. It is typically dark green or magenta in color, and is available most of the year and can withstand cold weather.

### Kale Nutrients

Kale is rich in vitamin K, vitamin C, vitamin A, vitamin B6, folate, and fiber.



### Choosing Kale

- Choose small, deeply colored leaves
- Don't buy wilted or yellowing leaves
- Wash thoroughly before eating or cooking
- Remove any tough center stems



### Ways to Enjoy Kale

- Add to soups, stews, and salads
- Add to smoothies
- Use kale leaves as a wrap in place of a tortilla
- Use kale stems for making vegetable stock, add to a stir-fry, or add into soups
- **Kale Prep Tip:** To soften the kale and improve the flavor, rub the torn leaves together until the kale becomes dark green and fragrant, about 3 to 5 minutes



**Try this "Kale Salad" recipe today!**

**<https://tinyurl.com/ybw5754x>**

Sources: <https://www.hsph.harvard.edu/nutritionsource/food-features/kale/>,  
101 Best Super Foods by Betsey A Hornick (MS, RD), <https://tinyurl.com/yc99uqgg>

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