

KALE



Kale is a DARK GREEN vegetable. It has about six times the recommended daily value of vitamin K. (Maybe they should call it vitamin Kale!) It is also high in vitamin A, vitamin C, and folate, and is a good source of calcium.

Kale may be served raw in salads or it can be sautéed or steamed as a side dish. Kale tastes great in pasta, hearty soups, pesto sauces, or in stir-fry. Dried kale makes a very delicate crunchy chip.

FUN FACT :

In Scotland being invited to “come to kale” was an invitation to dinner.

Kale is used in many other worldwide cuisines, including Italian, Irish, Chinese, Portuguese, Brazilian, African, German, Danish, and Swedish.

Kale grows best in cool weather and is actually sweeter after a light frost. Kale is a great fall crop for school gardens.



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Safety:	<p>Purchase or obtain leafy greens from a trusted source. Avoid kale that may have been exposed to fresh animal manures during growing or harvest. Rinse leaves in water bath to remove any grit, drain, and allow to air dry. Do not soak. Use gloves with produce that will be served raw.</p> <p>Always use a different cutting board for vegetables and meats to prevent cross-contamination.</p>
Yield:	<p>For 100, ½ cup servings chopped, cooked, purchase 17.0 lbs of untrimmed kale. For 100, 1 cup raw chopped servings, purchase 11.6 lbs of untrimmed kale.</p>
Quality:	<p>Choose crisp—never wilted—leaves that are bright and deep in color. The stems should also appear fresh and moist. Smaller leaves are more tender and milder in flavor than larger leaves.</p>
Storage:	<p>Store kale at 41 °F or below in produce bags for 3-5 days. Kale develops a stronger flavor the longer it is stored, so it is best used soon after purchase.</p>
Preparation:	<p>Trim away any bruised leaves. Trim out center stalk only if it is tough. The leaves may be torn into pieces by hand, chopped, or shredded depending upon the desired result. Cooking or serving kale with a little bit of healthy oil, like olive oil, helps the body absorb the fat-soluble nutrients.</p>
Seasonings:	<p>As kale is used in many cuisines, it lends itself to a variety of seasonings, such as Parmesan cheese (Italy), or garlic and soy sauce (Asian). In many European cuisines, it is often served with potatoes or in potato soups.</p>

