



Kale

Fun Facts:

- Varieties of kale include curly-leaf, bumpy-leaf, plain-leaf, and feathery-leaf. There are also ornamental kales that are less palatable and have much tougher leaves.
- Kale is a close relative of collards and grows well in colder temperatures.

Nutrition Information:

- Raw kale provides a large amount of vitamin K and is a rich source of vitamins A, C, and B6, as well as folate and manganese.
- Kale is also a good source of thiamin, riboflavin, vitamin E, iron, calcium, potassium, and phosphorus.

Preparation:

- Dunk the leaves in a sink filled with cold water, using your hands to swish them around and push them under. Refill the sink and repeat as necessary to remove all soil and garden pests.
- Remove the stem and spine (midrib) from mature kale leaves by folding the leaf in half lengthwise and stripping/ripping or slicing away the thick center spine of the each leaf.



Cooking:

Learn more at www.thelandconnection.org

Raw: use raw kale (baby or otherwise) for salads, slaws, or as a taco topping.

Chop or slice raw kale and add it to soups and stews.

Steam: remove the stems and place kale leaves in a pot with a steamer basket above an inch of boiling water. Steam mature kale leaves for approximately 4-5 minutes. It is ready when the leaves are a vibrant green and limp, but still retain some texture (not mushy).

Sauté: remove the stems, cut the leaves into thick ribbons, and sauté in a skillet or sauté pan with butter, garlic, and onions until the kale has just started to go limp. Remove it from the heat immediately so you don't overcook it. You can also sauté baby kale, but it will cook more quickly.

Microwave: remove the stems, place the freshly washed, wet leaves in a quart baking dish, cover, and cook on high until tender (approximately 6-9 minutes) stirring every 3 minutes. Let stand, covered, for 2 minutes.

Storage:

- Wrap kale in a damp towel or in a plastic bag and refrigerate, preferably in a crisper drawer, for up to 1 week. Leaves will wilt if allowed to dry out so replace the damp paper towel as needed.
- For long-term storage, kale can be frozen. Wash, de-stem, and drop the leaves in boiling water for 2-3 minutes. Remove from the water and rinse under cold water or put in an ice bath to stop its cooking. Drain, let dry, and pack into airtight containers or freezer bags.