



Kale

Plant: Kale can be planted as soon as you can work the ground. It is very frost tolerant. Plant seeds 1" apart from other seeds, 18-30" apart from another row, and $\frac{1}{4}$ - $\frac{1}{2}$ inch deep into soil.

Grow: Kale should not be grown in the hot weather. It grows well next to cucumbers, beets, celery, bush bean, lettuce, onion, and potatoes. Kale should be in an area full of sun in compost or well-rotted manure-enriched soil. It may benefit from the addition of liquid fertilizer during growth.

Harvest: Harvesting of kale leaves should occur when the leaves are "cropped", leaving the bud to grow new leaves, or the entire plant may be harvested at one time. Maturity occurs at 55-60 days. If harvesting in the Fall, wait until a frost coats the outside leaves to sweeten the taste.

Nutrition Facts	
Serving Size 1 cup (85g)	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	

Nutritional Information:

Kale contains over 45 different flavonoids, including quercetin. These flavonoids are antioxidants and anti-inflammatory which help to prevent oxidative stress and chronic inflammation. Kale also has been shown to reduce risk of cancer due to its isothiocyanates. Kale is also high in fiber, vitamin K, vitamin A, vitamin C, manganese, and copper. Consuming about 100 calories of kale provides 25-35% of the recommendation for omega-3 fatty acids, which have anti-inflammatory benefits.

How to Prepare: Kale can be eaten raw or cooked, and maintains its flavor best when frozen. It has the most prominent cholesterol-lowering effects if steamed for about 5 minutes. The leaves should be cut into $\frac{1}{2}$ " slices and the stems into $\frac{1}{4}$ " lengths to ensure quick and even cooking.



Massaged Kale Salad

Yields: 4

Serving size: 1 cup

Ingredients

2 tablespoons olive oil

1 teaspoon Dijon mustard

2 teaspoons balsamic vinegar

1 tablespoon of fresh herbs such as thyme, oregano, parsley

1/2 teaspoon of fruit preserve or honey

1 bunch kale, chopped with thick stem removed (about 4 cups, chopped)

Preparation

1. Mix first four ingredients together in a bowl.
2. Add washed, chopped kale to bowl and massage dressing with hands into kale for a few minutes. Soon the acid in the dressing will start to marinate or break down the fibrous leafy greens and they will begin to wilt. Can even marinate overnight in the refrigerator.
3. Top with favorite salad toppers. Great to make way ahead of time. Keeps well in refrigerator.

Nutrition Facts per Serving:

100 calories, 7 g fat, 9 g carbohydrates, 5 g fiber, 2 g protein