



## About Kale

If you are looking for foods that are high in vitamins and minerals, and low in calories, kale is a great choice.

## The Plant

Kale is a cool-season cooking green similar to collards and cabbage. Kale is high in vitamin C and calcium and naturally low in calories.

## How to Buy

Kale is available year-round but is best in cooler months. Look for kale that has dark green curly leaves. Avoid yellow or wilted leaves.

## How to Prepare

*Greens are usually leaves of immature plants such as kale. They are cooked in the green state for food or eaten raw in salads.*

To wash fresh greens, place in pan of cold water. Remove stems or heavy ribs, place leaves in cold water, and let soak for a few minutes to loosen grit or dirt. Repeat the process two or three times and let drain or dry in a salad spinner.

Be sure to wash kale thoroughly as recommended above. Drain kale and trim tough stems. Chop leaves into small pieces about ½ inch thick. Kale can be used in stir-fry, boiled for seven to ten minutes, or sautéed in olive oil for two to three minutes.

## How to Store

Store unwashed kale in a plastic bag for up to three days in the refrigerator. Kale is best eaten fresh, but it can be stored up to three or four days. Wash, dry, and wrap leaves and store them in the vegetable bin of the refrigerator. If purchased, leave in package in the refrigerator.

## Sources

*Sources: Vegetables for Health, University of Maine, [www.extensionumaine.edu](http://www.extensionumaine.edu).*

*Vegetable of week, [www.extensionpurdue.edu/efs](http://www.extensionpurdue.edu/efs).*

*Pick a Better Snack – Spinach, Iowa State Extension, [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food).*

*Watch Your Garden Grow, University of Illinois Extension, [www.urbanext.illinois.edu/veggies/chard](http://www.urbanext.illinois.edu/veggies/chard).*

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