

Kale

Kale is a cruciferous vegetable that is part of the mustard plant family. There are many types of kale including purple, curly and dino kale.



How Could I Use This?

- Add to soup or stews
- Sauté kale with garlic and oil and serve as a side dish
- Bake to make kale chips
- Massage kale with a little lemon juice to soften the leaves for a salad
- Add to a pasta dish or pasta sauce
- Add to a stir-fry or fried rice
- Top a burger with kale leaves
- Add chopped kale to an omelet
- Add to a homemade pizza
- Make a pesto with olive oil, kale and walnuts
- Add to a smoothie
- Add to a sandwich or wrap
- Mix in kale with a grain or pasta salad

Why Should I Eat This?

Kale is high in vitamin C, which helps heal cuts and wounds. It is also high in vitamin A, which promotes good vision and cell growth. Kale is a good source of calcium which helps support bones.

Proper Storage

Kale can be stored unwashed in a plastic bag in the refrigerator for up to five days.

Make a Good Selection

Choose kale with firm leaves that are free from damage, brown or yellow coloring. For curly or dino kale, choose leaves that have a deep green color. For purple kale, choose leaves that have a purple colored stem with full purple leaves or purple edges.

What is the Seasonal Availability of This Item?

| | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|---------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| HARVEST | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | |
| MARKET | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | | |



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