

Kale

Nebraska Seasonal Produce Guide

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.



EXTENSION
Health & Wellbeing

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

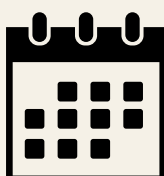
Kale can be stored unwashed in a plastic bag in the refrigerator for up to five days.

Make a Good Selection

Choose kale with firm leaves that are free from damage or are not brown or yellow in color. For curly or dino kale, choose leaves that have a deep green color. When choosing purple kale, choose leaves that have a purple-colored stem with full purple leaves or purple edges.

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



Seasonal Availability in Nebraska

Harvest Season: June through November

Market Availability: June through October



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