**Kale**

**Background:**

Common types of kale include curly, purple, baby, and dinosaur. Kale goes well in salads, soups, stews, and dips. Kale can be consumed raw, steamed, baked, or sautéed. Both the leaves and stems can be eaten. Kale is commonly found in American, European, and Asian cuisines.

**Nutritional Value:**

One cup of cooked kale contains only 36 calories and 118% of your daily vitamin K needs. Vitamin K plays a key role in bone health and regulation of the body’s inflammatory process.

Kale is high in lutein, a carotenoid that supports eye health.

Antioxidants, including carotenoids and flavonoids, can help prevent cancer.

One cup of kale provides 10% of the recommended daily amount of anti-inflammatory omega-3 fatty acids.

Minerals found in kale include calcium, potassium, copper, iron, magnesium, and phosphorous.
**How to SHOP:**

Find kale in the grocery store produce section near the other leafy greens in the shelves that get misted.
When choosing your kale bunch, look for firm, hydrated leaves.
Kale is available in Texas from November to April, although it can be grown year-round throughout the U.S.
Frozen and canned kale are also available year-round.

**How to GROW:**

Kale is a frost-tolerant vegetable that can be grown throughout the fall and winter seasons.
Plant seeds 12-18 inches apart and 1/4 inch deep in mid-September through October.
The outside leaves of the kale plant can be harvested once grown to 6 inches or taller.
It takes 60-80 days for a kale plant to reach full size.

**How to STORE:**

Fresh kale can be stored wrapped in paper towels in the crisper drawer of a refrigerator for up to one week.
To freeze your fresh kale, remove the leaves from their stems, blanch in boiling water for 2 minutes, and place in ice water. Dry well and freeze in a freezer-safe airtight bag.