

Selection

Kale is available summer through fall.

Kale harvested before the summer heat or after the first frost reduces the bitterness of the leaves.

Look for kale that is bright in color and has no wilting or bruising on the leaves.



Care and Storage

- ◆ Use or freeze kale within a few days after purchase.
- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Keep kale in the vegetable drawer or in a plastic bag to prevent it from drying out.
- ◆ Before eating, rinse the leaves under cool running water to remove dirt or other debris; pat dry with a clean towel or use a salad spinner.

Why Buy Local?

- ◆ Your money stays locally and is recirculated in your community.
- ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
- ◆ Buying local keeps farmers on the land and producing food for everyone.
- ◆ You are making a healthy choice for you and your family.



FOR MORE INFORMATION...

Contact your local Extension office:

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100 Polk County Plaza, Suite 190
Balsam Lake, WI 54810
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<http://polk.uwex.edu>



Kale
Col rizado

Uses

Kale is often used as garnishes but is an easy addition to family meal planning.

It is very versatile but best cooked or added to soup or stew. It can be eaten raw, added to a salad or pasta, sautéed, steamed, and even baked.

There are different varieties of kale, but most have a mild, slightly spicy flavor.



Baked Kale Chips

Nutrition Facts

- ◆ Fat free
- ◆ Cholesterol free
- ◆ Good source of Fiber
- ◆ Good source of Minerals
- ◆ Good source of Vitamins A, C, K, and B6

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Try It!

Baked Kale Chips

INGREDIENTS

1 bunch Kale

2 tsp. Olive oil

Pinch of salt (optional)

Grated Parmesan cheese (optional)

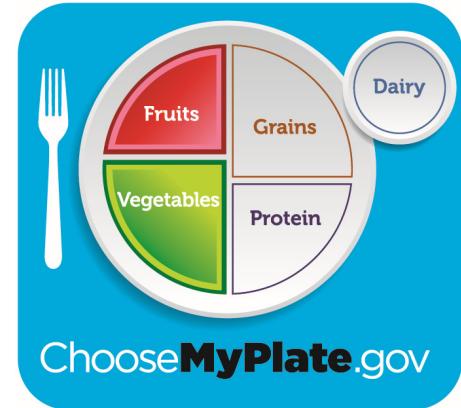
INSTRUCTIONS

1. Preheat oven to 200 degrees F. Lightly spray two large baking sheets with vegetable oil cooking spray.
2. Wash and **thoroughly** dry kale. A salad spinner works well, followed by patting kale dry with paper towels or a dish towel.
3. Cut with kitchen shears or tear leaves from stems and thick center rib in middle of leaves; then tear into large sections.
4. Toss with 1 teaspoon of oil in a large bowl. You may wish to use your fingers to distribute the oil on the leaves. Use slightly more oil if needed.
5. Place in a single layer on baking sheets; use separate oven racks if needed.
6. Bake about 20 minutes. Then, remove baking sheets from oven, turn kale chips over, and switch racks if placed on separate racks.
7. Check after an additional 10 minutes to determine if they are evenly crisp. Continue baking if needed. The time

may vary with your oven.

8. Let chips cool slightly on baking sheet, placed on cooling rack. Then transfer to a bowl and sprinkle with salt or grated Parmesan cheese, if desired.

Recipe Source: www.recipesource.com



ChooseMyPlate.gov

History & Fun Facts

Kale is one of the most nutritious vegetables you can eat. Besides being full of essential vitamins and minerals, it also rich in carotenes which help to protect eyes.

As a member of the cabbage (*Brassica*) family, it probably originated in the eastern Mediterranean,

It is often a deep, dark green color and its leaves can be curly or serrated. Leaves can also be purplish-red or light green flecked with white.