



KALE: DID YOU KNOW?

- While used as a leafy green, kale is actually a member of the cabbage family.
- Kale is considered one of the most nutrient dense foods, providing vitamins A, C, K, calcium and other nutrients for less than 25 calories.
- Kale and other cruciferous vegetables contain a group of substances known as glucosinolates, which are responsible for the pungent aroma and bitter flavor of cruciferous vegetables.
- Kale can be enjoyed in a variety of dishes from salads to soups to snacks and even smoothies.
- Kale's celebrity status in the food world is new, but kale has been around for thousands of years.
- Kale comes in many varieties including curly and flat and colors ranging from traditional green to purple.