



Kale

What is it?

There are several different types of kale. Curly kale, you may recognize since it is widely used as a garnish. Red kale looks similar to curly kale, but its stems are deep red and the leaves are almost purple. Lacinato, has almost bluish-green leaves that are flatter than the curly variety. Kale is from the cabbage family. It is regarded as a superfood because of the range of nutrients it contains including protein, fiber, vitamins K, A, C, & antioxidants. You may see kale early in the season and then again, later in the season. Kale gets bitter in warmer weather so it is best harvested in cooler weather. In fall, frost will turn the kale purple and increase the sugar content for the sweetest kale of the season.

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Storage Tips

Kale should be stored in a loosely sealed plastic bag in the crisper drawer for 7-10 days. To freeze, wash and chop into small pieces and place in a freezer bag. This would be delicious used in the winter in a potato soup or vegetable stir fry.

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Usage Tips

Young, tender kale can be eaten raw. More mature kale leaves could be eaten raw, but it can be tough to chew and even to digest, so it is usually lightly cooked. Removing the thick stems of mature kale is recommended. Kale is often stir-fried or steamed or stirred into vegetable soup. Even those who do not love kale may enjoy the crunch of a salty kale chip!

A Vegetable E-booklet



RECIPES

Simple Kale Chips

INGREDIENTS

- 1 large bundle curly green or purple kale**
- 1-2 Tbsp melted coconut or avocado oil**
- Seasonings of choice**

INSTRUCTIONS

- 1. Preheat oven to 225 degrees F**
- 2. Rinse and thoroughly dry kale, tear into small pieces, discard any large stems.**
- 3. Add to a large mixing bowl, drizzle with oil & seasonings. Use hands to combine thoroughly.**
- 4. Spread the kale over 2 large baking sheets, ensuring the kale touches as little as possible to help them crisp while baking.**
- 5. Bake for 15 minutes, stir. Bake 5-10 min more, or until kale is crispy and very slight golden brown. Watch closely as it can burn easily.**
- 6. Remove from oven and let cool slightly – chips will crisp up more once out of oven.**

Adapted from www.minimalistbaker.com

Tuscan Kale with Caramelized Onions & Red-Wine Vinegar

INGREDIENTS

- 1 T. extra-virgin olive oil**
- 1 large red onion, halved and thinly sliced into half-moons**
- 1 large garlic clove, thinly sliced**
- 3/4 tsp coarse salt, divided**
- 2 T. red-wine vinegar**
- 1 lb. Tuscan kale, middle stems removed, leaves cut into 1 1/2-inch pieces**

INSTRUCTIONS

- 1. Combine oil, onion, garlic, & 1/4 tsp salt in a large pan; cook over med heat, stirring occasionally, until onion is lightly brown, about 5 min. Reduce heat to med-low; cook until onion is soft, about 10 min.**
- 2. Add vinegar to pan, raise heat to med-high. Add kale, 1/4 cup water, & remaining 1/2 tsp salt; cook, stirring, until kale begins to soften, about 3 min. As the pan becomes dry, add another 1/4 cup water, cook until the kale is tender, about 3 min more. Serve immediately.**

Adapted from www.marthastewart.com