

Kale

Available

March - June
October - January



Health Benefits

Kale is a nutrition superstar and helps regulate blood pressure, supports the immune system, and has the potential to lower the risk of cancer.

At A Glance

Kale is one of the earliest vegetables to be cultivated by humans. Part of the cabbage family, it is a hardy plant that can grow in cold temps. 5 varieties are grown in Maryland. Curly and Dino (Tuscan) are common in Frederick.



How to Select and Store

- Choose kale that has crisp, dark colored leaves. Reject any that are limp or yellowish.
- Do not wash before storing as the leaves will go soggy.
- Store in the vegetable bin or place in a dry plastic bag in the refrigerator. Use within two weeks.



Prepare and Serve

There are so many ways to prepare Kale! Swish leaves in a cool bowl of water to remove dirt. Dry with a towel or salad spinner. Remove the stem when eating kale raw as it can be very bitter. Chopped kale adds a bright flavor to soups and stews. It adds a delicious crunch to salads and can be added to smoothies!

