

Kale

Although kale can be found in markets throughout the year, this popular veggie is in season from mid winter through the beginning of spring, when it has a sweeter taste!



Nutrition Facts

- Kale is rich in Vitamin A, which maintains vision health and is an important part of building healthy membranes.
- Kale is an excellent vegetable source of Vitamin K. Adequate Vitamin K levels help limit neuron damage in the brain; thus, has established a role in the treatment of Alzheimer's disease.
- Kale is a great source of vitamin C, important for immune function and collagen formation.
- This leafy vegetable provides many B-complex Vitamins that are essential for metabolism in the body.

Local Vendors

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| <ul style="list-style-type: none"> ○ Abundant Acres ○ DK Fairn Farm ○ Goldfinch Farm | <ul style="list-style-type: none"> ○ Taproot Farm ○ Thatch Patch Farm ○ Wild Rose Farm |
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And Many More!

How to Use

- Kale should be washed thoroughly in clean running water to remove any soil or dirt.
- Just before cooking, remove tough stems, and separate wilted leaves from healthy ones. The leaves are generally blanched before use in cooking.

- Add kale to pasta sauces, smoothies, salads, pizzas, pastas, stews or soup. Or try one of these methods:

Sauté it: A splash of olive oil and a little onion or garlic is all this veggie needs - it cooks up in minutes!

Make a kale caesar salad: Substitutue your usual romaine lettuce for kale

Bake kale chips: Drizzle olive oil over lightly salted leaves and bake in the oen until crisp!



Cost

The average price for kale at a local farmers' market ranges from \$2.50-3.00/bunch



Storage

- Kale is an extremely perishable leafy vegetable, so it should be eaten quickly once harvested. If stored in the refrigerator, set the temperature to below 35 degrees F and to a high humidity level to maintain vitality.
- Place kale in a storage bag, removing as much of the air from the bag as possible. Kale will keep for up to 5 days in the refrigerator. The longer it is stored, the more bitter its flavour becomes.
- Do not wash kale before storing because exposure to water encourages spoilage.

Purchasing Tips

- Look for kale with firm, deeply coloured leaves and moist, hardy stems.
- The leaves should look fresh, un-wilted, and free from signs of browning, yellowing, and small holes.
- Choose kale with smaller-sized leaves since these will be tender and have a milder flavour than those with larger leaves.

Kale and Acorn Squash Penne

Yield: 6 servings (serving size: 2 cups pasta mixture and about 4 teaspoons cheese)

Ingredients:

8 cups (about 5 ounces) coarsely chopped trimmed fresh kale
6 cups cubed peeled acorn squash (about 2 medium squash)
¼ cup water
2 garlic cloves, minced
¼ teaspoon salt
¼ teaspoon grated nutmeg
2/3 cup shredded parmesan cheese
1 tablespoon olive oil
1 cup vegetable broth
¼ teaspoon crushed red pepper
4 cups hot cooked penne

Directions:

1. Place squash in a casserole dish with ¼ cup water. Cover with plastic wrap. Microwave 7 minutes on high or until tender.
2. Heat oil in a Dutch oven over medium-high heat. Add garlic; cook 1 minute, stirring constantly. Add kale and broth; cover. Cook 3 minutes, stirring occasionally. Uncover; cook 1 minute. Stir in the salt, pepper, and nutmeg. Stir in squash and pasta, tossing gently. Sprinkle with cheese.

