Kale

A leafy vegetable

What nutrients are found here?

Alpha & Beta-Carotene,Vitamins B, C, K, Folate, Fiber, Carotenoids, and Manganese

What do those nutrients do in my body?

- Support digestion, & blood clotting
- Support tissue growth, cell & nerve functioning.
- Can help lower cholesterol, blood pressure, & inflammation
- Vitamins A, and C are antioxidants, helping keep cells healthy by reducing cell damage & inflammation

How/Where can I grow my own kale?

- In the ground, raised bed, or large pot.
- You can harvest a few of the large leaves every couple days and the plant will continue to produce.

How should I store freshly picked kale?

- Store in an airtight container in the refrigerator.
- Do not wash until ready to eat.

How can I eat kale?

- Raw
- Sauteed
- Baked
- In soup, omelettes, and stir fry

