



This month
we're celebrating
kale

Discovery
KITCHEN

DID YOU KNOW?

- Kale is a cruciferous vegetable, which means it is in the same family as broccoli, brussels sprouts, and cabbage.
- You can bake kale into kale chips for a healthy alternative to potato chips. Simply remove the leaves from the thick stems, season to your liking and bake!
- New to Kale? A great way to introduce it into your diet is by adding it to soup. It is a staple in Portuguese Kale Soup.
- After a frost, kale actually becomes sweeter! Meaning you can harvest kale long after the summer season.
- Kale comes in a variety of colors: green, white, purple, or bluish green.
- Some varieties of kale grow five to seven feet tall! Some parts of the large plant may not be edible and are used for display instead of eating. That's truly a green giant!
- When we eat kale our amazing superpowers come out! Kale has a powerful punch of nutrients that help reverse inflammation and detoxify the liver - try kale in a salad, as a chip or in a smoothie and see if you feel stronger!