



Kale

- ◆ Kale has been cultivated for more than 2,000 years. Popular in Europe during the Roman time and Middle Ages, it arrived in the United States in the 17th century.
- ◆ One cup of chopped raw kale provides more than the 100% of the daily value of vitamins A, C, and K.
- ◆ Kale belongs to the same family as cabbage, Brussels sprouts, and collards.
- ◆ Types of kale are differentiated by color (green, white, purple, or bluish green) and leaf shape.
- ◆ Kale is in season from the middle of winter through the beginning of spring when it has a sweeter taste and is more widely available.