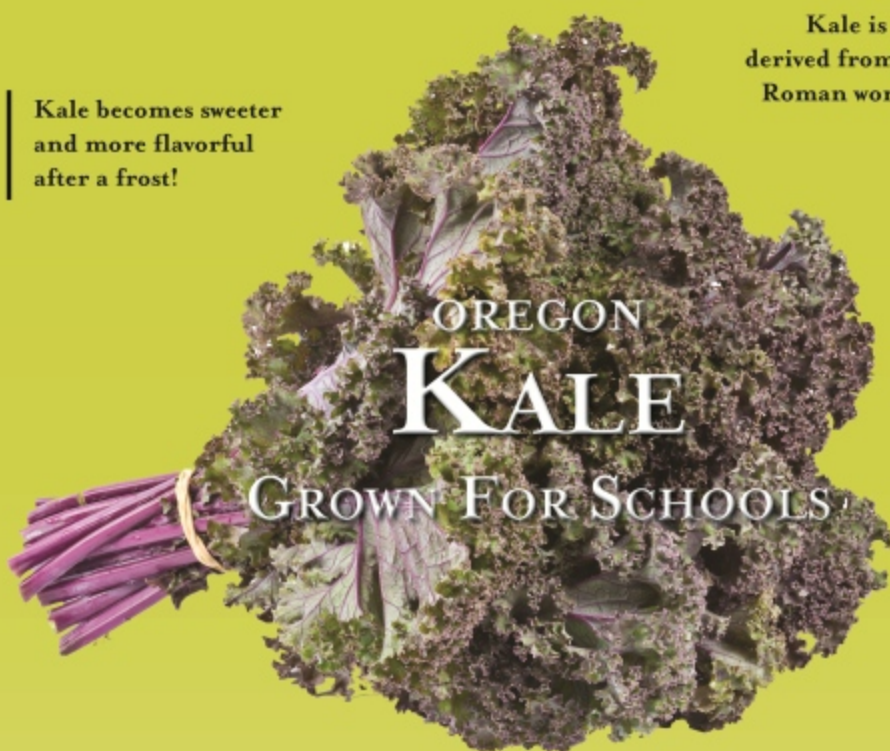


Kale becomes sweeter
and more flavorful
after a frost!

Kale is a Scottish word
derived from the Greek and
Roman words for cabbage.



NUTRIENTS FOUND IN KALE

- ~ Kale is an excellent source of vitamins K, A, C, and B6. These vitamins help blood clot, prevent eye problems, strengthen the immune system, and support the nervous system.
- ~ Kale is a good source of potassium and calcium, which help muscles and strengthen bones!
- ~ Kale is considered a “super food” and is one of the most nutrient rich vegetables.
- ~ Kale contains many antioxidants and phytonutrients that may help prevent cancer.

Kale is in the Brassica
family, which includes
cabbage, Brussels
sprouts, broccoli,
and collard greens!



Kale can be grown year-round in Oregon, but it is particularly popular during the winter months.



Kale can be deep green, purple, or yellow-green with flat or ruffled leaves.



Kale is a versatile vegetable that can be used in stir-fries, salads, soups, smoothies, and more!