

**KALE CAN BE EATEN RAW, STEAMED, ROASTED, OR SAUTÉED.**

**MASSAGING THE LEAVES OF KALE CAN TAKE SOME OF THE BITTERNESS OUT OF RAW KALE. FAT.**

**KALE is a member of the dark green vegetable subgroup, along with spinach, bok choy, collard greens, and romaine lettuce.**

**WHEN WE EAT KALE, WE'RE EATING THE LEAF OF THE PLANT.**

**KALE HAS BEEN GROWN FOR OVER 2,000 YEARS**

**AND ORIGINATED IN THE MEDITERRANEAN.**

**There are over**

**50**

**varieties of kale, including the popular varieties curly kale and dinosaur kale.**

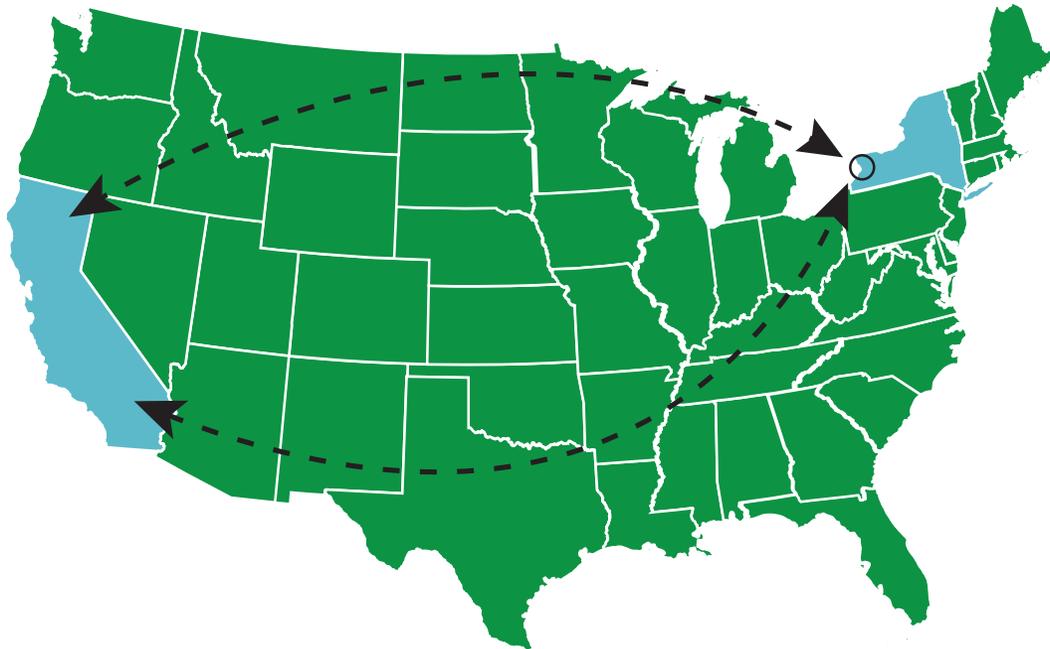


**Instead of potato chips, roast bite size pieces of kale for crispy kale chips!**

Kale is from the Brassica family, also known as the cabbage family. Cabbage, Brussels sprouts, broccoli, and cauliflower are all part of the cabbage family.

IT'S A HARDY PLANT THAT CAN GROW INTO THE COOLER MONTHS AND SURVIVE FROST AND SNOW.

CALIFORNIA GROWS MOST OF THE NATION'S KALE SO IT MUST TRAVEL OVER 2,000 MILES TO REACH BUFFALO. OUR NEW YORK STATE KALE ONLY HAS TO TRAVEL 20 MILES TO REACH THE CAFETERIA!



KALE CAN RANGE IN COLOR INCLUDING DARK GREEN, RED, AND BLUISH GREEN

Kale is an excellent source of FIBER and

VITAMIN

C

VITAMIN

K

VITAMIN

A