



# Kale

- **Phytochemical:** Beta-carotene, Lutein, Quercetins, Sulphoraphane, and Indoles.
- **Flesh Description:** Curly edged leaves.
- **Usage:** Greens can be enjoyed boiled, steamed, stir-fried or fresh in salads or sandwiches.
- **Skin Texture:** Hearty leaf.
- **Shape:** Low, short-stemmed plant that reaches about one foot in height and two feet in girth with curly fringed leaves.
- **Taste:** Never bitter, this kale variety has a sweet, full-bodied flavor as a cooked vegetable.
- **Color:** Ranges from spruce green to bluish to grayish green.
- **Variety AKA/Synonyms:** True Kale, Curly-Leaved Kale, Curly Greens, Borecole.

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

USA

### Receiving Information:

- **Selection:** Choose dark colored kale bunches with small to medium leaves. Avoid brown or yellow leaves.
- **Storage:** Store kale in a plastic bag in the coldest part of the fridge.
- **Wilting:** Kale is susceptible to wilting if it is stored in an area with low humidity or exposed to drafts. Maintain proper storage temperature and humidity level. Keep kale away from drafts.

### Storage/Handling

- **Ethylene Producer:** No
- **Ethylene Sensitive:** Yes
- **Water Sprinkle:** Yes
- **Odor Producer:** No
- **Ripens After Harvest:** No
- **Mist:** Yes
- **Odor Sensitive:** No

## Nutrition Facts

### Serving Size: 1 cup chopped

Amount Per Serving

Calories 33	Fat Calories
% Daily Value*	
Total Fat 1g	
Sat Fat 0g	0%
Trans Fat	
Cholesterol 0 mg	0%
Sodium 25mg	1%
Total Carbohydrates 6g	5%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 3g	6%
Potassium 329mg	7%
Vitamin A 48%	Vitamin C 107%
Calcium 10%	Iron 5%

\*Percent Daily Values are based on a 2,000-calorie diet.