



Kale

Growing & Harvest Info

Kale is a cool season vegetable that should be planted in early spring and can be grown from seeds or transplants. It requires full sun exposure and moist, well-drained soil.

Plant seeds 1/4-3/4" deep. Transplants need 5-6 weeks to reach planting size and should be planted 3-4 weeks before the last frost. Both seeds and transplants should be spaced 12-18" apart within rows that are 24" apart.

Harvest when several small-to medium-sized leaves have developed and are a dark green color. As temperatures grow warmer and plants grow older, the leaves will become tough and bitter.

Nutritional Benefits

Kale

Source	Rating
Vitamins	EXCELLENT
Minerals	GOOD
Fiber	MODERATE

Introduction

Kale is a member of the Brassica family and is one of the most nutrient-dense foods on the planet. It is rich in vitamin A, C, K and B6 with large amounts of potassium, calcium, iron, and manganese. The ancient Greeks cultivated leafy greens like kale and boiled them to eat as a cure for drunkenness.

Preservation

Storage:

- Store kale unwashed in the coolest part of the refrigerator for 3-5 days

Freezing:

- Rinse kale thoroughly with cold water. You can give them a rough chop for easier use in the future.
- Blanch kale by submerging in a pot of boiling water for 30 seconds before transferring to bowl of ice water.
- Drain the water and ice and squeeze as much liquid from kale as possible.
- Pack leaves tightly into baseball-size spheres and spread on a baking sheet, keeping them separated and not touching
- Cover with plastic wrap and freeze for 1-2 hours until partially frozen. Remove and transfer to heavy plastic bag, remove all air, and store in freezer

Canning:

- Can only freshly harvested greens. Make sure to use pressure canner. For instruction on canning: https://nchfp.uga.edu/how/can_04/spinach_greens.htm

Sweet Corn state	Use by
Raw	5-7 days
Frozen	6-8 months
Home-Canned	1 year



Kale

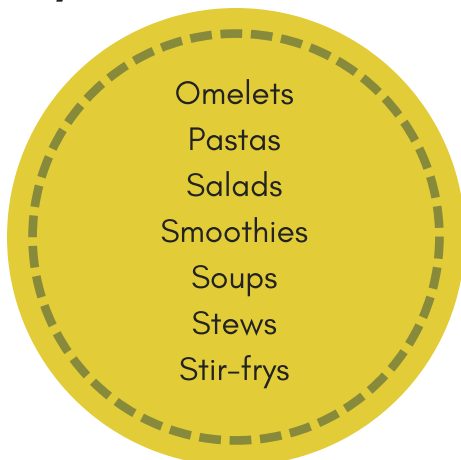
Kale is low in calories and high in water, and contains fiber, which keeps you feel fuller longer - so it's an excellent food for weight loss!

Prepare Kale

Like This:



Try Kale In:



Recipe 1: Kale Chips

Serves 4 , Preparation 15 minutes

Ingredients

- 1 bunch of kale, washed and dried
- Nonstick cooking spray
- 2 tbs. olive oil or coconut oil
- 1/4 tsp. seasonings of your choice (garlic powder, cumin, onion powder, fennel, coriander, pepper, etc)

Directions

- Preheat oven to 350 F. Line two baking sheets with aluminum foil and lightly spray on nonstick cooking spray.
- Separate leaves from center of kale and tear leaves into smaller pieces. Ribs of leaves can be composted.
- Spread leaves on baking sheets, drizzle oil and sprinkle seasoning until evenly distributed
- Bake in the oven for 3-5 minutes, then turn over each leaf and cook for another 3-5 minutes until crisp (but not charred!)
- Remove from oven and enjoy.

Recipe 2: Kale Salad

Serves 4 , Preparation 15 minutes

Ingredients

- 4 cups raw kale, finely chopped
- 1/3 cup non-creamy salad dressing of your choice
- 1/3 cup chopped nuts
- 1 1/2 cup chopped fruit, like apples or oranges
- 1/3 cup dried fruit, like raisins or cranberries (optional)

Directions

- Toss kale with dressing and massage well with hands for a few minutes
- If possible, allow kale to sit (no longer than an hour)
- Add remaining ingredients and toss before serving