

## Fresh Fruit & Vegetable Program: January 2023

### Featured Fresh Vegetable: **KALE**



#### Health Benefits:

1. Great source of fiber – good digestion
2. Vitamin K & Vitamin A – blood clotting, healing & vision
3. Good source of calcium & iron bone health and blood



#### Fun Facts:

1. Kale is very nutritious – 1 cup of kale contains more vitamin K & A than you need in a whole day!
2. Kale belongs to the same family as cabbage, Brussels sprouts, and collard greens.
3. Kale is popular now but has been enjoyed for over 2000 years! Kale is a staple in Scotland, Kenya, Denmark, Portugal, Italy and many other countries across the globe!

