KALE

DID YOU KNOW?

- Kale varies in shape, size, and color, depending on the variety and regional growing conditions. The leaves can be broad or long and narrow, and the stems can be thick or thin with a short or elongated appearance.
- Kale is available year-round, with a peak season in the late fall through early spring.
- Kale is a hardy, versatile ingredient incorporated into fresh and cooked culinary preparations. Young and tender greens are recommended for raw dishes, as more mature leaves can have a tough, fibrous, or chewy nature.

FUN FACT!

Kale is native to regions within the Eastern Mediterranean, Asia Minor, and the Middle East and has been growing wild since ancient times. Wild forms of Brassica oleracea were hypothesized to have been foraged for their seeds, and Kale is thought to have descended from some of the oldest wild forms.



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