


Harvest of the Month



Kale



FUN FACTS:

Cultivated for over 6000 years, kale is known as the “Queen of Greens.”

Kale is a nutritional powerhouse ~ an excellent source of vitamins C, K and A, calcium and iron.

It is versatile! Whip it into a smoothie, toss into a salad, amp up your juice, sauté as a side, and bake as a chip.

Kale is an amazing source of carotenoids, which are linked to one’s level of optimism. When choosing kale, go organic if you can.

This institution is an equal opportunity provider.

