



CSA Harvest Information



Kale Tips

- Kale keeps best at low temperatures, so store it in the coldest part of your refrigerator, sealed in a plastic bag. It should last three to four days.
- Rip the leaf from thick stems and only use the leaf.
- Chop kale and add it to soups, stews, pastas and casseroles.
- Kale pairs well with strong flavors such as soy sauce, chile peppers, onions, garlic, ginger, bacon, feta cheese, olives, and parmesan cheese.
- If your kale turns limp, trim the base of their stems and soak the kale for a few minutes in tepid water. Shake dry and store in the fridge.
- As with many other dark leafy greens, kale tastes slightly bitter when eaten raw. Unlike some of its relatives, cooked kale won't lose its general shape or texture, nor will its volume reduce dramatically.
- Many cuisines pair kale with potatoes, such as in colcannon from Ireland.

Nutritional Information

You'll be glad to know that kale is one of the most nutrient dense vegetables.

A 1-cup serving provides 350 percent of the vitamin A and 1,300 percent of the vitamin K you need in a day. And one cup has only 35 calories.

Kale is one of your best sources of beta-carotene, one of the antioxidants believed by many nutrition experts to be a major player in the battle against cancer, heart disease, and certain age-related chronic diseases.

For a green, kale is unusually high in fiber. You are likely to feel full longer than you do after eating most veggies.

Kale is an excellent source of well-absorbed calcium, which is one of the many factors that may help prevent osteoporosis.

Crispy Kale Chips

Our teen staff members are "obsessed" with these!

Kale - washed and dried

Cooking spray - olive oil or canola oil

Salt

For more recipes:

Our CSA Kale Recipes Pinterest board: 
pinterest.com/wickhamfarms/csa-recipes-kale-other-greens/

Preheat the oven to 275 degrees F.

Remove the ribs from the kale and tear into large pieces. They will shrink quite a bit as they cook! Spray a baking sheet generously with cooking spray. Lay the kale in a single layer on the sheet -- the pieces can touch. Spray with the cooking spray and sprinkle with salt.

Bake until crisp but still bright green, about 15 minutes. Take care not to overbake, which will make them bitter. Serve as finger food.

Before:



After:

