



Eat More Kale This Winter!

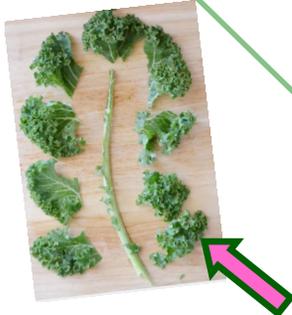


Why is Kale considered a super food?? Well...it's packed to the MAX with nutrients:

- Low calorie– 1 cup of kale is only 33 calories
- Full of antioxidants!
- Packed with nutrients that may protect our bodies from cancer
- Rich source of Vitamin A important for eye and skin health
- Rich source of Vitamin C to help boost our immune system
- 1 cup contains 680% of our daily needs of vitamin K

When you eat kale your heart will thank you because...

- ♥ It's a rich source of potassium which can help lower blood pressure.
- ♥ Contains omega-3 fatty acids which have anti-inflammatory benefits.
- ♥ Studies show that foods high in fiber may help lower cholesterol levels (not to mention keeping our digestive system working smoothly).



Kale of all kinds!

There are many types of kale, lets take a look at some of the most popular types!

Curly and Red Kale:

- Bright green, red or purple in color and can be used interchangeably
- Peppery flavor great for soups and cooked dishes
- Can be bitter tasting so pick younger looking leaves for less bitterness



Lacinato Kale:

- Commonly called "Dino kale"
- Dark green/blue in color with slightly wrinkled leaves
- Good for raw or slightly cooked dishes
- Slightly sweeter with an earthy, nutty flavor

Red Russian Kale:

- Flat, large leaves with a red stem
- One of the sweetest kales, with a mild pepper flavor
- Has a tough and woody stem, so be sure to remove as much as possible

How to Prep and Clean Fresh Kale

- Large leaves-cut away the center stalk/stem.
- Smaller leaves-cut just the base and trim any bruised leaves.
- Wash thoroughly in cold water, drain well on paper towels or in a salad spinner.
- Make sure to wash thoroughly!
- Once clean, tear or cut into pieces
- 12 ounces kale equals about 12 cups torn or chopped, or four servings.



New Bedford Winter Farmers Market

Bristol Building Hallway
 752 Purchase St
 New Bedford, MA 02740
 1st & 3rd Saturdays, 10am – 1pm

