



## Kale

### **What is it?**

Kale is a dark, leafy green you can eat raw or cooked. This superfood has been on dinner plates since Roman times and has long been common across much of Europe. The vegetable hails from the cabbage family, which also includes broccoli, cauliflower, and collards.

### **What does it taste like?**

There are two common varieties: kale (often labeled Tuscan kale, Tuscan cabbage) has long, crinkly leaves ranging from pale green to almost black, with a nutty, earthy flavor. Curly kale has tightly ruffled, slightly bitter leaves, varying from bright green to purple tinged.

### **What to do with it?**

Kale holds its texture well in cooking, and it can be steamed, stir fried, roasted, or eaten raw. You can turn it into smoothies, kale chips, wilt it into soup, mash it with potatoes or turn it into pesto.

### **How to store?**

When you're storing fresh kale, reduce excess moisture by waiting to rinse the leaves until you're ready to eat them. You can store fresh kale that hasn't been cut by wrapping the leaves in a paper towel or placing them in a plastic bag.