

Selection

Kale is available summer through fall, before the summer heat or after the first frost reduces the bitterness of the leaves. Look for kale that is bright in color and has no wilting or bruising on the leaves.



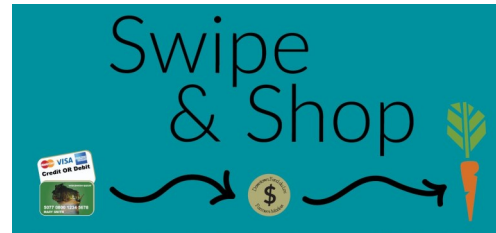
Care and Storage

- ◆ Use or freeze kale within a few days after purchase.
- ◆ Keep kale in the vegetable drawer or in a plastic bag to prevent it from drying out.
- ◆ Rinse the leaves under cool running water to remove dirt or other debris; pat dry with a clean towel or use a salad spinner.
- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.

Benefits of Buying Local

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.



Swipe at the Information Booth on the corner of 2nd and Main.

Double your \$10 EBT swipe on the 1st Saturday of each month!



FOR MORE INFORMATION...

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Kale Col rizado



Extension

UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

**FOOD
WISE**
Healthy choices, healthy lives.



DOWNTOWN FOND DU LAC
**FARMERS
MARKET**

Uses

Kale is often used as garnishes but is an easy addition to family meal planning. It is very versatile but best cooked or added to soup or stew. It can be eaten raw, added to a salad or pasta, sautéed, steamed, and even baked.

Kale has a mild, somewhat spicy flavor similar to cabbage.



Nutrition Facts

- ♦ Fat free
- ♦ Good source of minerals
- ♦ Good source of fiber
- ♦ Excellent source of Vitamins A, C, K, and B6
- ♦ Cholesterol free

Try It!

Beans and Kale

Ingredients

- 4 cups cooked white beans
- Lemon juice to taste
- Salt, pepper, red pepper flakes to taste
- 1 pound kale
- 4 garlic cloves
- 1 onion

Instructions

Mix beans, lemon juice, salt and peppers together. Heat gently and mash slightly.

Chop onions and garlic. Sauté until garlic is golden.

Slice the greens into shreds and add to garlic onion mix. Sauté until greens are wilted.

Suggested serving: mound beans on top of greens.



History & Fun Facts

Kale is one of the most nutritious vegetables there are. Besides being full of essential vitamins and minerals, it is also rich in carotenes to protect eyes.

As a member of the cabbage (*Brassica*) family, it probably originated in the eastern Mediterranean,

It is often a deep, dark green color and its leaves can be curly or serrated. Leaves can also be purplish-red or light green flecked with white.