



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).



- 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.

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

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

Check it Out