



KALE

WINTER

SPRING

FALL



ARKANSAS
Farm to School

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

Plant kale in well-drained, medium-rich soil in a sunny area from early spring to early summer. Sow seeds 1/4 to 1/2 inch (in.) deep. Thin seedlings to 8 to 12 in. apart. Outer leaves can be harvested when they are 8 to 10 in. or less, or harvest an entire kale plant at once.



PREP

Rinse kale to remove any dirt or debris. Remove the stem from the middle by cutting or tearing away from the leaves. Stems can be sautéed, pickled, or roasted. Knead the leaves to make them more tender. Prepare leaves raw, baked, or stir-fried.



EAT

Sip a kale smoothie for breakfast! Enjoy kale leaves as an added ingredient in a salad, soup, or pasta dish. Sautéed kale stems are a delicious side dish. Oven-baked kale chips make an incredible snack. Munch a slice of pizza with your favorite toppings, perhaps kale!



LEARN

Kale is a **vegetable** and is closely related to collard greens and cabbage. Kale is one of the healthiest vegetables. It includes nearly 200% of the vitamin C daily recommendation. It is packed with other vitamins, minerals, and protein - no wonder kale is considered the "Queen of Greens!"

