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Kale is one of the treasures of your very own fall and winter garden. The true flavor of kale is revealed only after first frost, and if given only occasional attention will flourish (sometimes just survive) throughout the coldest winter months. Kale is easy to grow and very beautiful in your garden landscape and on your plate. Kale does not thrive in hot weather conditions leaving the greens with a fairly strong, unattractive flavor. It might just be the most perfect cold weather crop, adding color and ridiculous amounts of nutritional value to your plate.

Kale is what you would call a primitive cabbage. Kale varieties have survived thousands of years of genetic manipulation by people because of their true garden merits. None of the principal kale varieties existing today are new to gardens. They have all been known for at least 2,000 years.

Kale was first mentioned in America in 1669 because of its popularity in European gardens. It is intuited that kale was introduced even earlier than that to this continent.

The Nutritional Value of Kale

One cup chopped kale has:

Calories: 34	Calcium: 90mg
Protein: 2.21	Iron: 1.14mg
Carbs: 6.71	Mag: 23mg
Fiber: 1.3g	Phos: 38mg
Potassium: 299 mg	Vitamin C: 80.4 mg
Folate: 19mcg	Vitamin A: 10302 IU

Sauteed Kale

2 Tbs. butter
2 cloves garlic
1 medium onion
1# chopped kale
Pinch of celtic sea salt

Chop garlic and onions. Heat butter in skillet on medium high heat. Add garlic and onions and cook until onions are soft stirring occasionally. Add the chopped kale and cook for another 5-10 minutes. Add a pinch of sea salt and mix in to finish.

Raw Kale Salad

1# finely chopped kale (strings)
2 lemons juiced or squeezed
1 tsp – Tbs salt
¼ cp. Olive oil
1 bunch chopped parsley (or other herb of your choice)
2 cloves minced garlic

Mix the kale, lemon juice, salt, herbs, garlic, and olive oil in a bowl. Marinate kale in this mixture for four hours at room temp. After four hours kale is ready to serve or refridgerate for later use.

The kale is the basis for adding whatever other fresh chopped produce that you have available. We have had much luck with sweet corn, peppers, onions, celery, purslane, lamb's quarter, amaranth, broccoli, seaweed. Tomatoes and cucumbers are good also, but should be added right before serving. (They do not keep well in fridge, and will cook in the lemon juice) Cherry tomatoes are the best!! Annie's Goddess Dressing makes an extra special addition to quality flavor.

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