

All About **KALE** and How To Cook It!

So what is Kale?

Kale is a type of cruciferous vegetable in the brassica species, so it is a cousin of cabbage, broccoli, Brussels sprouts and cauliflower (to name just a few). It's a hardy plant that can withstand heavy frost and thrives in wintertime.

It's loaded with vitamins A, B6 and C, plus folate, manganese, iron, calcium and magnesium

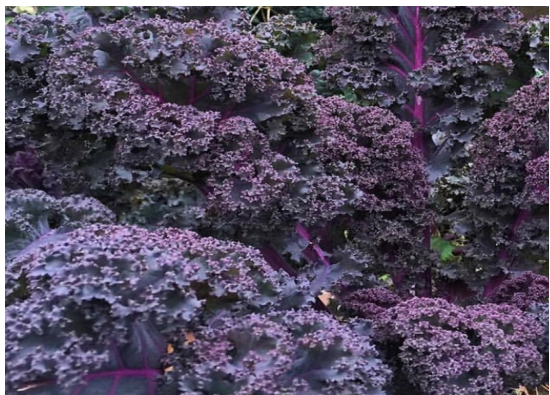


BABY KALE

Usually sold prewashed in bags or clamshells, this young leafy green is similar to baby spinach but has a bit more of a peppery taste. It's great for quick salads because it requires no prep time and isn't very tough to chew on raw. Plus, it cooks in literally two seconds: Just toss it into a heaping plate of pasta to wilt it.

CURLY KALE

It's pretty obvious why they call this type of kale "curly." And even though it's tempting to tear up a few leaves and throw them in your salad, it requires a little prep time if you want to eat it raw. Its bitter, peppery flavor and thick leaves benefit from citrus or a creamy dressing, but it becomes even more palatable when thrown into soups, stews and stir-fries. Making kale chips? Try this variety—the ridges trap plenty of olive oil, seasonings and cheese.



RED KALE (AKA RUSSIAN RED KALE)

We've seen this heirloom variety popping up all over fancy grocery stores. Its texture is pretty similar to curly kale, only it's surprisingly sweet, tender and striking in appearance. It's also a fabulous option for raw recipes.

LACINATO KALE (AKA BUMPY-LEAF KALE, DINOSAUR KALE, TUSCAN KALE OR BLACK KALE)

OK, bring on the raw kale salads and smoothies. Lacinato kale—sometimes labeled as dinosaur or Tuscan kale at the grocery—has flat, rippled leaves and a milder, nuttier flavor than other mature kale varieties. It's a little tough though, so slice it into thin ribbons and give it a good massage to break down some of the fibers before digging in.



REDBOR KALE

Redbor kale can grow up to three feet tall and develops vibrant magenta leaves when fully mature—it's pretty enough to be ornamental, but it's also totally edible. It tastes mild and has a crisp texture (similar to cabbage), so it works well in raw salads. When cooked, it develops a nutty, earthy and slightly sweet flavor.

SIBERIAN KALE

This especially hardy varietal is a popular winter crop in the southern U.S., with big, thick leaves that can put up with frigid weather. It also tastes best when cooked with acidic and fatty ingredients to offset its bitter flavor and fibrous texture.



KALE SPROUTS (AKA KALETTES)

OK, kalette isn't *technically* a type of kale. It's a cross between kale and Brussel Sprouts. Kale sprouts (the generic name; kalette is one of a few brand names) look like tiny heads of kale about two inches in diameter. They have a kale-like texture and sprout-like flavor, can be eaten raw or cooked. You will want to try these babies, they are delicious!

