

Produce of the Month



Kale

Nutritional Information



One cup of Kale is 33 calories



Kale is high in vitamin A, B, C, D, E, K and B6



Kale is high in Thiamine, Riboflavin and Folate



Kale is a natural detoxifier

Selecting, Storing, Preparing



Select firm dark colored leaves avoid yellow or brown leaves



Storing Kale in a plastic bag with little to no air and place in the vegetable drawer in your refrigerator



Kale stays fresh for 3-5 days in the refrigerator



Wash and cut Kale before cooking or using it

Fun Facts



Kale is similar to its cousin cabbage



There are over 50 varieties of Kale and just as many colors

Recipes/Ideas

- Sauté with coconut oil garlic and onions
- Shred into pieces and eat in salads or as a garnish

.. For more ideas:

<http://95210.townofmanchester.org/>

<http://www.foodnetwork.com/recipes/creamy-kale-dip-2697090>

Manchester's Message for a Healthier You



9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages