

# KALE

**Kale**, also known as borecole, is a form of wild cabbage. It differs from cabbage because it has central curly leaves that fan out rather than forming a head. The leaves are distinctly dark green or purple.

Kale has been cultivated for more than 2,000 years. It is thought to have descended from a wild cabbage that originated in Turkey. Popular in Europe during the Middle Ages, it arrived in the United States in the 17th century by English Settlers. Kale became popularized in the United States during World War II. It was promoted in the *Dig for Victory* campaign as an easy to grow, highly nutritious vegetable during wartime rationing.

Kale can grow in colder temperatures and withstand frost — which actually helps produce even sweeter leaves. Kale can also grow well in the hot weather in the southern United States. This leafy green vegetable is best in the winter months and early spring!

Kale is an excellent source of calcium, and is also rich in vitamin A, C, iron, magnesium, potassium, and phosphorus. **One cup of raw kale provides more than 100% of the daily value of vitamins A, C, and K!**



## Nutrition Facts

Serving Size: 67g

Amount/Serving	% Daily Value*
<b>Calories: 33</b>	<b>Calories from Fat 4</b>
<b>Total Fat: 0g</b>	1%
Saturated Fat: 0g	0%
Trans Fat: 0g	0%
<b>Cholesterol: 0mg</b>	0%
<b>Sodium: 29mg</b>	1%
<b>Total Carbohydrate: 7g</b>	2%
Dietary Fiber: 1g	5%
Sugars: 0g	
<b>Protein: 2g</b>	
<b>Vitamin A 206%</b>	<b>Calcium 9%</b>
<b>Vitamin C 134%</b>	<b>Iron 6%</b>

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloris needs.

**Did you know?** Kale is a member of the same family as broccoli, cauliflower, and brussels sprouts.

