

KEWEENAW GROWN FOOD

KALE



PEAK SEASON

Early summer through early fall.

HOW TO SELECT & STORE

Choose dark green kale bunches with small-to-medium leaves. Avoid brown or yellow leaves or leaves that look wilted.

Store kale in a plastic bag in the coldest part of the fridge for 3-5 days.

HEALTH BENEFITS

Kale contains carotenoids (the active form of vitamin A), calcium, magnesium, phosphorus, potassium, vitamin A, K, and C, iron and folate.

Kale is considered a cruciferous vegetable. Some evidence suggests that these type of vegetables have protective properties against certain types of cancer.

WAYS TO USE

Savory - Add into soups/stews, sauté and use an omelet filling or a savory oatmeal topping. Use in salads to replace other greens. Try roasting into kale “chips” (300° for 20-25 min works well).

Sweet - Add into smoothies or puree boiled kale and add to muffins.

Additional Tip: Massaging with olive oil & salt can reduce some of the bitterness of the raw leaves. You can rinse the salt off after massaging the leaves to reduce the sodium content.



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Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You

can download PDFs of all items at phfgive.org/food.



PHFoundation
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

VISIT PHFGIVE.ORG/FOOD