

# Kale

## Selection

Choose bunches that look fresh and have little wilting. As with all produce the fresher the better, although kale can often hold up to some amount of transport.

## Preservation

The best method for preserving kale is to overwinter it, the plants can withstand extremely cold temperatures and will usually come back in the spring. Kale may also be frozen.

To freeze: wash kale, blanch in boiling water for 2 minutes and cool in an ice bath for two minutes, dry each leaf with care. Leave whole or chop and place in a plastic bag to freeze. Frozen kale will defrost quickly and can be used in stir-fry's and soups without defrosting.

## Handling & Storage

Store kale in a plastic bag in the vegetable drawer or crisper of your fridge, for best flavor use within 3 to 5 days of purchase.

## Nutrition

Kale comes in a lovely array of greens in many fun textures and sizes. Often sold in the greens produce section it can also be found at farmers markets usually all season long. Kale grows well in our cool, shorter summer climate and can often withstand

the temperatures into fall and early winter. Kale is a great source of Vitamin A, Calcium, folic acid, iron and Potassium.

**EAT  
MORE  
KALE**

## Kale Chips

1 bunch Kale  
2 tablespoon olive oil  
1 teaspoon sea salt

### Directions:

Preheat oven to 350 °, remove kale stem and cut into bite sized pieces. Wash kale and dry with a salad spinner. Toss in a bowl with olive oil and salt until well coated. Spread out on a baking sheet and cook for ten minutes or until edges start to brown.

## Braised Kale

2 tablespoons olive oil  
4 ¾ pound kale, stems removed, chopped into strips  
10 cloves garlic, peeled and minced  
2 teaspoons salt  
Pepper to taste

### Directions:

Heat oil in a wide pot over low heat. Add kale strips, cook for 5 minutes and increase heat, cook this way for 10 minutes, stirring occasionally and adding ¼ cup of water or broth. Reduce heat to low and cook for another 5 minutes, then add the garlic and simmer for 25 minutes. Season with salt and pepper.

*\*Barbra Kafka's Vegetable Love from Artisan\**

## Kale and Shiitake mushroom stir-fry

6 tablespoons olive oil  
5 fresh shiitake mushrooms stemmed and caps sliced thin  
2 medium cloves of garlic peeled and minced  
2 pounds kale de-stemmed, washed, dried and cut into strips  
Salt and pepper to taste

### Directions:

In a large pan heat 2 tablespoons of oil over medium heat and add the mushrooms. Cook for 1-2 minutes and transfer to a side dish for reserve. Add the remaining oil, once hot add the garlic and kale. Cook until wilted stirring constantly. Reduce heat and cook on low for another 2 minutes. Add the reserved mushrooms and cook until they are heated through. Season with salt and pepper serve hot.

*\*Perla Meyers Fresh from the Garden from Clarkson potter publishers\**

## Tamari-Garlic Kale

2 tablespoon olive oil  
2 pounds kale, stems removed and cut into strips  
2 tablespoons coarsely chopped garlic  
1 tablespoon fresh ginger minced  
2 tablespoons soy sauce or tamari  
Pepper to taste

### Directions:

Heat oil in a skillet and add the kale. Cook over medium heat until wilted. Add garlic and ginger and sauté on low for another 20 minutes. Increase heat to medium and stir in soy sauce or tamari and cook for another 5 minutes.

*\*Barbra Kafka's Vegetable Love from Artisan\**

## Kale with Olives

1 bunch kale stems and ribs removed  
2-4 tablespoons olive oil  
1/3 cup pitted coarsely chopped Kalamata olives  
¼ teaspoon red pepper flakes  
Salt 1 lemon quartered

Simmer kale leaves in a skillet of salted water until tender, about ten minutes  
Drain and press out excess moisture.  
Toss immediately with oil, olives, salt and pepper flakes. Serve with lemon wedges.

*\*Deborah Madison's Vegetarian Cooking for Everyone from Broadway Books\**

