



# KALE

## Eat More Kale

### Nutrients Found in Kale:

- **Vitamin A** - assists with normal vision, immune system, and reproduction.
- **Calcium** - strong bones and teeth as well as muscle function.
- **Potassium** - helps maintain normal blood pressure and helps to balance fluids in the body and your electrical transmitter.

### Harvest of the Month Supported By:



*Kale is successfully grown all over Alaska both indoors and outdoors for their tasty and nutritious leaves and stems. Kale is a member of the cabbage (Brassicacae) family.*



*There are several kale varieties grown in Alaska. When buying kale, avoid ones that are yellow and wilted. Look for vibrant dark green, crisp leaves.*



*It is recommended to eat both the stems as well as the leaves of the kale. One cup of raw kale counts as one serving of a dark green vegetable.*