



Get to know: Kale

Kale is a vegetable in the genus *Brassica*, species *oleracea*. It comes in a variety of shapes and colours, some have flat leaves, some curly, others have blue, white, purple, or green leaves, with creative names from 'Ragged Jack' to 'Dinosaur'. Kale is considered more closely related to wild cabbage than most domesticated forms of cabbage. The Afrikaans name, *boerenkool*, has roots in the Dutch language (meaning "farmer's cabbage"), whereas the English *kale* has its origins in the Germanic - Scandinavian language tree, from the word *kål* (Danish, Swedish, and Norwegian) or *kohl* (German); both being a general term for cabbage. Kale has often been appreciated for its ability to cope during cold winter months and was nicknamed the 'hunger gap' vegetable for being the only vegetable one could get in December, January and February in icy European climates. Kale also tends to have a sweeter taste after being exposed to frost.

Nutrition

One cup (100g) of raw kale has 49 calories, 8.8g of carbohydrates, 3.6g of fibre, and 4.3g of protein. With 49 calories per 1-cup serving, kale fills you up without costing you too many calories. So if you desire to lose weight, vegetables like kale make a good choice.



Fun Facts

A whole culture around kale has developed in northern Germany, especially around the towns of Bremen, Oldenburg and Hannover and the region of Dithmarschen. There, most social clubs of any kind will have a *Grünkohlessen* or *Kohlfahrt* ("kale tour"), where one visits a country inn to consume large quantities of kale dishes. Most communities in the area also have a yearly kale festival, which includes naming a "kale king" (or queen).

Health Benefits

Kale is an awesome source for one's daily intake of vitamin K and A, providing 1180% of one's daily vitamin K needs (130g of cooked kale). Kale also has ample evidence that its glucosinolates provide cancer-preventive benefits. Kale is a top food source for at least four glucosinolates, and once kale is eaten and digested, these glucosinolates can be converted by the body into cancer preventive compounds. Kale too provides important bile acids that are being associated with low cholesterol levels and cardiovascular support - and with its high fibre content, one's bowels are sure to be happy.

source: en.wikipedia.org/wiki/kale, www.whfoods.com,

image: www.paddisonprogram.com

With Kale you can try amazing...

Kale Chips

Recipe by: All Recipes

Serves: 6

What You Need:

- 1 bunch of kale
- salt
- olive oil
- seasoning (optional)

What To Do:

1. Preheat an oven to 175 degrees C. Line a non-insulated baking sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.

source: allrecipes.com/recipe/176957/baked-kale-chips/

Don't feel like having chips? Here are some other options....

- Kale pesto with pumpkin seeds: www.misoginger.com/kale-pesto
- Sweet potato and kale pizza: pixelatedcrumb.com/2011/11/13/sweet-potato-and-kale-pizza
- Curried chickpea and kale soup: www.onceuponacuttingboard.com/2012/12/curried-chickpea-kale-soup.html