

KALE

Types

There are four main types of kale.

Curly: These have bright, dark green or purple leaves. The leaves are ruffled, hence the name. They are sold in bunches, and stalks are fibrous.

Lacinto: These have dark, blue-green leaves with a wrinkled and firm texture.

Red Russian: These have red-tinted, flat leaves that resemble big oak leaves. Leaf stems are reddish-purple.

Redbor: These have dark red leaves that almost looks purple. Leaf edges are very wrinkled.

Selection Info

Choose kale that is dark in color with small to medium leaves.

Preparation

Kale can be steamed, microwaved, or sautéed, or added raw to smoothies, salads, and soups.

Steam: Bring water to a boil in a pan with a steamer basket. Reduce heat to low, add kale, and cover. Steam until tender (about 10 minutes).

Microwave: Place kale in a microwave-safe bowl with about 1 teaspoon of water. Cover the bowl and cook for about 2 minutes for every 2 cups of kale. Drain and serve.

Sauté: Heat 1-2 tablespoons of olive oil in a skillet. Add kale, turn heat to medium-high, stir, cover, then cook for approximately 5 minutes.

Storage

Short-Term Storage: Kale can be stored in a plastic bag in the refrigerator crisper drawer for up to 5 days.

Long-Term Storage: Kale can be frozen and dried.



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