# Kale

## What Am I?

Kale is a leafy, green vegetable with a rough texture. Kale is usually green, but it can also be found in purple. It tastes like cabbage with a slight bitterness. Kale can be eaten raw or cooked to make it more tender.

## How Do I Grow?

- Kale grows best in cooler weather.
- A kale seed is planted in the ground and will eventually sprout above ground into leafy clusters.
- Kale is ready to harvest when the leaves are about the size of your hand.

## Nutrition

Kale is a good source of vitamins A, C and K. Kale also contains antioxidants, which promote general health and well-being.

## Fun Facts

- National Kale Day is celebrated on the first Wednesday of October.
- Just one cup of kale provides more vitamin A and vitamin K than you need in a day.
- Kale has been around for over 2,000 years.

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent