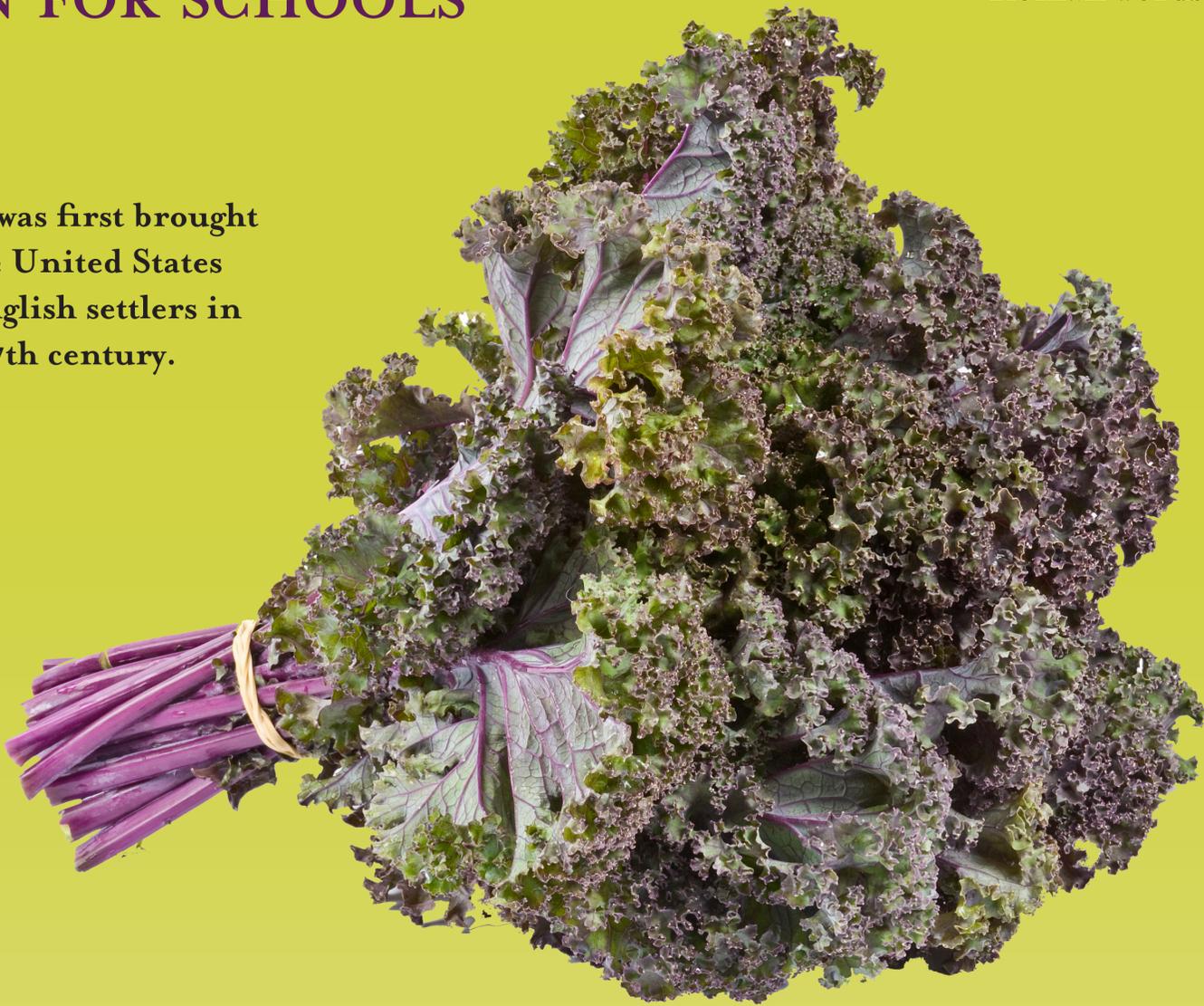


OREGON KALE GROWN FOR SCHOOLS

Kale is a Scottish word derived from the Greek and Roman words for cabbage.

Kale was first brought to the United States by English settlers in the 17th century.



NUTRIENTS FOUND IN KALE

- ~ Kale provides an excellent source of vitamin A, which is key for good vision.
- ~ Kale is an excellent source of vitamin K, which is important for maintaining healthy blood.
- ~ Kale is an excellent source of vitamin C, which promotes a healthy immune system.

Kale is in the same family as cabbage, Brussels sprouts, broccoli, and collard greens!



Kale is easy to grow year-round in Oregon-- extend your gardening season by growing kale in the winter!



Kale can be deep green, purple, or yellow-green with flat or ruffled leaves.



Kale is a versatile vegetable that can be used in stir-fries, salads, soups, smoothies, and more!