

Kale

Look:

Kale varies in shape, size, and color depending on the variety. The leaves can be broad or long and narrow and the stems can be thick or thin with a short or elongated appearance. Kale leaves are typically flat, frilly, or curved.

Taste:

Kale is edible raw or cooked and ranges from sweet to bitter and have an earthy taste. The leaves typically have green and grassy flavor followed by a peppery aftertaste.

Touch:

Curly Kale has thick, ruffled leaves that are fibrous and have a very distinct stem running through the leaves that is best removed. Baby Kale leaves have a delicate feel and less fibrous.



Kale is part of the greens family which include any type of cabbage where the green leaves do not form a compact head.



Did you know?

Kale is a superfood because it is packed with vitamins and minerals!



Health Benefits

