



Kale

How to Prepare

Kale is a great Northern crop. It is packed full of vitamins and minerals, grows well in cool climates, survives frosts, and becomes sweeter once exposed to cold temperatures. It has been growing in popularity in North America, and this popularity has led to a revival of delicious, nutritious recipes. Kale has been a part in nearly every European region’s culinary history with recipes coming from Scandinavia, Eastern Europe, Great Britain, the Mediterranean, Germany, and more. Other varieties are popular in China, Vietnam, Taiwan, and Southeastern Africa. This diversity means that great recipes are abundant.

Kale has a wide variety of applications, both raw and cooked. Smaller, younger leaves are typically more tender and are great raw. Large, mature leaves can often be very fibrous and tough, and are commonly used cooked, juiced, or in smoothies.

Kale can be safely harvested and stored in the refrigerator. Harvested leaves should be wrapped in paper towel, and then placed in an airtight bag. Store it in the coldest part of the refrigerator. Kale can become bitter tasting if left at room temperature for too long.

Try Using Kale:

- In salads with bold flavours;
- In fresh-pressed juices;
- In smoothies;
- In stir fries or sautés;
- In omelets or frittatas;
- Braised with bacon or sausage;
- Braised with hot chilis & onion;
- Braised with lamb or goat;
- In soups and stews;
- In Portuguese *Caldo Verde*;
- Roasted into kale chips;
- In ramen, udon, or noodle bowls;

Nutrition Highlights

- Very high in Vitamin K and C;
- Very high in Vitamin C;
- A source of calcium and iron;
- A good source of fiber;
- A good source of folate.

Nutrition Facts	
Serving Size 100 grams (100 grams)	
Amount Per Serving	
Calories 50	Calories from Fat 6
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 43mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars	
Protein 3g	
Vitamin A 308%	Vitamin C 200%
Calcium 14%	Iron 9%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Recipe: Kale and Fennel Salad with Lemon Dill Dressing

Ingredients

Dressing

- 1/3 cup extra virgin olive oil
- 3 tbsp lemon juice
- 1 tbsp fresh dill, chopped
- 1 tbsp Dijon mustard
- 1 tbsp liquid honey
- 1/4 tsp each, salt and pepper

Salad

- 5 cups Kale, chopped
- 1 cup fennel, shaved
- 1/4 cup shaved Parmesan
- 2 tbsp fresh dill, chopped
- 1/4 cup toasted nut or seed (sunflower, pumpkin, almond etc)

Instructions

1. In a medium bowl, whisk all Dressing ingredients together
2. In a large bowl, add the kale, fennel, Parmesan and dill.
3. Drizzle dressing over salad and toss to coat. Sprinkle with nuts or seeds and serve.

Dressing can be kept in an airtight container in the fridge for up to a week.

Use a vegetable peeler to get ribbons of fennel and Parmesan.

This dressing is also delicious tossed over roasted or steamed carrots.