

# KALE

## FOR YOUR KNOWLEDGE

### Where did it come from?

There are many different varieties (types) of lettuce. Ex: red leaf, bib, Romaine, and ice burg. The word “lettuce” comes from the Latin *lactuca*, which is derived from *lactus*, meaning “milk” so named because of the milky sap that secretes from the stem when they are cut. Cultivated lettuce can be traced back to 4500 BC at which time it was most likely grown for the oil in the seeds of the plant. The Greeks and Romans loved lettuce as a food and a remedy. Columbus is said to have brought lettuce to the Caribbean.

### Where does it grow?

Kale is a cool weather plant that can be found all over the world in more temperate climates.

### How does it grow?

Kale grows large leaves close to the ground, like lettuce.

### Is it healthy?

Kale is an excellent source of Vitamins A, C, and potassium. It is also a good source of B12, copper, and provides folic acid, calcium, iron, thiamine, riboflavin, niacin, and zinc. Vitamin A helps with vision and is a key component in sending signals from the rods in the eyes to the brain. Vitamin A & C are both antioxidants that help with cell regeneration (protection from oxidative stress). It is low in calories and high in nutrients.

### How do you pick a good one?

Pick kale that is firm and fresh, not wilted. The leaves should be a deep shade of green and be free of yellowing, wholes, or browning. Store kale in a plastic storage bag and remove as much of the air from the bag as possible. Store it in the refrigerator. The longer it is stored the bitterer the greens will become.

### Did you know . . .

That after the first frost, kales starches are converted to sugars making the late fall kale super tasty!