

# SPOTLIGHT ON PRODUCE

## WHAT AM I?

Baby kale is a leafy, green vegetable with a rough texture. Baby kale leaves are tender and cook quickly. It has a deep, earthy flavor.



BABY KALE

## 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.

## NUTRITIONAL FACTS

Baby kale is full of fiber and antioxidants. It helps manage blood pressure and boosts digestive health.

## FUN FACT

Baby kale is most often used raw, but can also be juiced, fried, dehydrated, wilted or sautéed.