

INTRODUCING KALE

**BOIL IT,
STEAM IT,
MICROWAVE IT,
STIR FRY IT**
add a handful
of kale to your
favourite dish and see
what you think
#EatThemToDefeatThem

- Kale is a kind of cabbage, with dark green attractive curly leaves
- It tastes great and it's good for you too
- You can enjoy it in lots of yummy dishes

MIX it into mash potato – the Irish call this dish colcannon

STIR it into a pasta sauce

MAKE kale crisps (yes that's right...crisps)



Kale & Leek Colcannon



Kale & Walnut Pesto Pasta

EAT THEM TO DEFEAT THEM

HOW IS KALE GROWN?

Kale is grown in Lincolnshire, renowned for its excellent soil. To make sure there is enough kale for everyone, farmers begin planting kale in the spring and continue planting it until the summer.

KALE FACTS...



It takes around two months for kale to grow

- once a kale plant is fully grown it is 85cm high
- how much taller than this are you?



Once it's ready, the kale is harvested using a state of the art machine (farmers use a lot of technology) & sent straight to stores ready for you to enjoy at home.



Each year our farms harvest more than 3,200 tonnes of kale – that's the same weight as around 640 adult elephants!

Discover Great Veg
discovergreatveg.co.uk

You can find out more about kale and other vegetables at www.discovergreatveg.co.uk

**EAT THEM
TO DEFEAT THEM**