Katie the Kale

FEBRUARY

It's February and we are really excited to introduce our new Superhero vegetable of the month!

Can you guess who I am?



Who Am I?

- I am a bright green leafy veggie that usually has ruffly, curly edges which is known as curly kale
- I come in various shades of green, however I can also be purple!



Did You Know?

- I am part of the cabbage family, which consists of cruciferous vegetables
- People have been growing me for more than 2000 years
- The colder the climate where I grow the sweeter I taste
- I am known as a superfood as I am packed with many different vitamins and minerals

Where Can You Find Me?

- I can grow in Ireland and all over the world
- I grow best in cold climates as I am very resistant to frost
- I can be harvested in winter-early spring
- I make a great garden crop as I grow pretty quickly and don't require too much attention!

Why You Should Eat Me?

First of all I taste delicious but best of all I help you grow big and strong!

- I am high in ***vitamin K***. This helps your blood clot which stops bleeding if you get a cut
- I provide ***vitamin A*** which helps you see better
- I contain ***calcium*** which helps build strong bones and teeth

Fun Ways to Eat Me

- You can eat me raw but I may taste slightly bitter so cooking me is best
- I can be steamed, boiled, added to soups or even baked into chips
- I can also be blended into a smoothie for a refreshing drink

Turn over for some cool recipes!

Low Protein Recipes

Crispy Kale Chips



Ingredients

Makes 2 servings

- 85g of kale- any variety
- 1/2 tbsp of olive oil
- pinch of salt (optional)
- pinch of black pepper
- pinch of cayenne pepper
- pinch of garlic powder
- pinch of paprika

Method

- Preheat airfryer to 180 degrees
- Wash and chop the kale into small pieces
- In a small bowl add the chopped kale, oil, salt (if using), pepper and seasonings. Toss until well coated
- Add tossed kale to airfryer and cook for 4-5 minutes until crispy, shaking halfway through.