

# Seasonal Eating

## Sauteed Kale

### Ingredients:

1 1/2 pounds young kale, stems and leaves coarsely chopped

3 tablespoons olive oil

2 cloves garlic, finely sliced

1/2 cup vegetable stock or water

Salt & pepper

2 tablespoons red wine vinegar



### Directions:

Heat olive oil in a large saucepan over medium-high heat. Add the garlic and cook until soft, but not colored. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

Serves 4

# Facts about Kale

Available year round, kale's peak season is December through February.

## Description/Taste

Kale is a non-heading leafy wild cabbage. Differentiate between varieties according to the low, intermediate, or high length of the stem, with varying leaf types ranging from wavy to straight and frilly.

## Nutritional Value

An excellent source of vitamin C, kale provides iron, vitamin A, calcium, magnesium, potassium, protein, carbohydrates and dietary fiber. One half cup of chopped boiled kale contains about 18 calories. Eat with fish, poultry and meats to enhance iron absorption.

## Applications

Prepared like spinach, steam, blanche, braise or stir-fry. This vegetable loves the company of garlic, pork and ginger. Great in soups with potatoes, beans or barley. Caraway and fennel seeds enhance kale's distinct flavor. Add to salads to accent the flavor of other greens.

## Geography/History

One of the oldest forms of cabbage and native to the eastern Mediterranean, researchers believe ancient kale, *Brassica oleracea*, may have been grown as a food crop as early as 2000 B. C. Sometimes grown from transplants, kale can be seeded and although indifferent to soil conditions, it does best in loamy well-drained heavy type soils. Commercial kale crops are harvested between forty and fifty-five days after planting with new plantings every two weeks in order to provide year round supplies. A cool weather annual, kale's cold-hardy personality makes its flavor even sweeter after a light frost.