

Tuscan Kale

Did you know?

- Kale is a leafy vegetable that is a member of the cabbage family.
- Tuscan kale is also known as dinosaur kale.
- There are around 50 varieties of kale that can be found around the world today.
- Kale is naturally low in fat, free of cholesterol, and low in sodium.
- It is also an excellent source of vitamin A and vitamin C, and a good source of calcium and potassium.



Sources

- <http://www.wafarmtoschool.org/ToolKit/27/kale/Facts>
- Picture: <https://thefreshsupplycompany.com/products/tuscan-kale-organic>