

# Kale

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Kale is low in calories and high in fiber

## GEEK TALK

Brassica oleracea

## BUT WE TALK

Borecole

## DID YOU KNOW?

Another cruciferous vegetable and especially similar to collard greens, Kale is known for its very earthy flavor, low amount of calories and high fiber content.

While it is used raw in salads, Kale can be boiled and steamed. When baked, the curly variety of kale can serve as a healthier and still delicious variety of the potato chip.

Ornamental Kale is known for its vibrant variety of colors and is often used as a garnish on certain dishes but is still edible. Kale is eaten across the globe and in some places, it is even turned into a popular juice.

