

Dinosaur Kale

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Kale contains vitamins like A, C and K. One cooked cup gives you 1,000% of your daily value of vitamin K which is important for bone formation



How Does It Grow?

Grows from seed in a commercial greenhouse then transplanted directly into a field location chosen for specific micro-climate and time
(Grows in Coachella, CA Dec-March)

Full to part shade
6-18' Long
45+ days to mature
2 to 3ft wide and tall

Nutrition Facts

1 cup cooked, chopped kale:

Calories: 36

Carbohydrates: 7g

Dietary fiber: 3g

Protein: 2g

Vitamin A: 354% DV

Vitamin C: 89%

Vitamin K: 1,328%

Vitamin B6: 9%

Manganese: 27%

Copper: 10%

Calcium: 9%

Potassium: 8%

What Are It's Benefits?

Kale is low in calorie, high in fiber and has zero fat. It is also high in iron, vitamin A, C and K and filled with powerful antioxidants. Kale is a great anti-inflammatory food and great for cardiovascular support

Attributes To Look For

Avoid bunches with slimy stems and look for very dark blue-green or black-green leaves. Ideally, kale should be deeply colored green, moist, strong, and not discolored. Examples of discoloration include but are not limited to yellow or brown spots.





Why Buy Local?

The unique part about locally grown kale is that depending on what season it is, it can have a different taste, ranging from sweet in cold temperatures to slightly bitter any other time.

How to Cook Kale Salad

1 bunch kale
1 thin slice country bread (part whole-wheat or rye is nice), or 1/4 cup bread crumbs
1/2 garlic clove, finely chopped
1/4 cup finely grated cheese
3 tablespoons extra virgin olive oil,
Freshly squeezed juice of 1 lemon
1/4 teaspoon kosher salt
1/8 teaspoon red pepper flakes
Freshly ground black pepper, to taste

Trim bottom 2 inches off kale stems and discard. Slice kale, including ribs, into 3/4-inch-wide ribbons. You should have 4 to 5 cups. Place kale in a large bowl. If using bread, toast it until golden on both sides. Tear it into small pieces. Add 1/4 cup cheese, 3 tablespoons oil, lemon juice, salt, pepper flakes and black pepper, and whisk to combine. Pour dressing over kale and toss very well to thoroughly combine

Sautéed

Bring the stock and water to a boil and add the potatoes. Turn the heat down to simmer gently until the potatoes are tender, about 20-30 minutes. Drain and coat the potatoes with 1 tablespoon olive oil. Heat the remaining olive oil in a large sauté pan over medium-high heat for 1-2 minutes. Add the kale and turn to coat with the oil as it wilts. Add the garlic and toss to combine, then add the red pepper flakes.

2 cups vegetable or chicken stock
2 cups water
1-pound baby potatoes of various colors
3 Tbsp. olive oil, divided
1-pound kale, chopped roughly
3 garlic cloves, chopped
1/4 teaspoon red pepper flakes
Salt and black pepper
Grated zest of a lemon