Kale is easy to grow year-round in Oregon—extend your gardening season by growing kale in the winter!

Kale can be deep green, purple, or yellow-green with flat or ruffled leaves.

Kale is a versatile vegetable that can be used in stir-fries, salads, soups, smoothies, and more!

Kale was first brought to the United States by English settlers in the 17th century.

Kale is in the same family as cabbage, Brussels sprouts, broccoli, and collard greens!

Kale is a Scottish word derived from the Greek and Roman words for cabbage.

Nutrients found in Kale
~ Kale provides an excellent source of vitamin A, which is key for good vision.
~ Kale is an excellent source of vitamin K, which is important for maintaining healthy blood.
~ Kale is an excellent source of vitamin C, which promotes a healthy immune system.