

# KALE

## HARVEST OF THE MONTH

### Keen on Kale

Kale is part of part of the cruciferous vegetable family. This vegetable is packed full of antioxidants which help the body fight cancer causing agents known as free-radicals.

December



### Know Your Kale

Firm, crisp, and plump leaves  
Consistent green color  
Few tears in leaves

### Nutrient Content

Vitamin A helps support skin health and vision.  
Calcium is required to build strong bones.