

Ingredient Spotlight

Kale

WHAT ARE THE BENEFITS?

- Kale is a nutrition powerhouse! Just one cup of raw kale provides 68% of the recommended daily intake of vitamin K, which is essential for supporting bone health and blood clotting
- Kale is also high in vitamin C, an important antioxidant that helps reduce oxidative damage and supports collagen synthesis, the most abundant structural protein in the body



WHEN IS IT SEASON?

- Kale is a hardy, cold weather crop and is in season from fall through spring

