

Never fear, kale is here!

Often hailed as the king of vegetables, kale deserves every bit of praise. Kale is a rich source of fibre and iron; contains almost double the calcium content of broccoli; and is full of antioxidants. A member of the Brassica family (like Brussels sprouts), Red Russian and curly kale are two popular kale varieties, which are in season this Fruit and Veg month!



Growing

- ✦ Kale seeds are best sown during February in nitrogen rich soil. As they grow and taste best in cooler climates with plenty of sun, the Tasmanian environment is perfect.
- ✦ Kale grows quite large, so plant seeds with plenty of space around them (about 10cm).
- ✦ It is also a good idea to raise the seeds in punnets before transferring them to the garden bed after about six to eight weeks.

Storage

- ✦ Store kale in the crisper of your fridge in a bag to prevent wilting. Eat within a few days for maximum benefit of the nutritional qualities.

Use

✦ Kale can be a little tough to eat if not grown and prepared well. Traditionally, it was harvested after the frost as this broke the cell walls to increase tenderness, as well as making nutrients more bioavailable and the flavour sweeter. To imitate this, throw your kale in the freezer for 20mins before cooking!

✦ Kale is a very versatile vegetable and can be used in a variety of ways. From adding to the last minutes of cooking stews, curries, soups and stir-fries, to adding to salads and using in sides and stuffing, it's easy to get a bit of kale into your diet!

✦ Vitamin C increases the absorption of iron found in plants. Make the most of the high iron content in kale by serving with a dousing of vitamin C rich lemon juice, freshly picked parsley or raw red capsicum.

Golden Cannellini Beans with Kale and Walnuts

- 1x 400g tin cannellini beans
- Juice and rind of 1 lemon
- 1-2 cups fresh kale, finely chopped
- ½ cup walnuts, toasted
- 2 Tablespoons Olive Oil
- 1 clove Garlic, crushed
- ¼ cup grated Parmesan cheese
- sprinkle nutmeg

Heat oil in skillet on medium/high heat. Add drained and well rinsed cannellini beans and fry until golden on each side. Add a heaped teaspoon of finely grated lemon rind and garlic. Stir well until fragrant then add kale, walnuts and nutmeg. Stir to coat and cook until kale is wilted. Season well then transfer to a warm dish. Give a generous squeeze of lemon juice on top and dust with grated parmesan cheese.

This dish acts as a delicious side for a variety of meals, or makes a great topping for grilled lamb, white fish or chicken breast.