


# Food for Health: Kale

Dancing the Land - Clearwater, MN

The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.



Soil health is the continued capacity of soil to function as a vital living ecosystem that sustains plants, animals, and humans. Healthy soils support microbial communities that improve nutrient density of food.

Soil health can be maintained and restored by minimizing disturbance, keeping soil covered, keeping living roots in soil, increasing diversity, and integrating livestock. Liz Dwyer and Curtis Weinrich at Dancing the Land farm embrace all five principles.

There are three main types of kale. Curly kale has curly, bright green leaves. Black kale has long, flat bluish-green crinkled leaves. Red kale has frilly, red or purple leaves.

Kale is a superfood because it is very nutrient dense. Nutrient density refers to the amount of nutrients compared to the weight, energy content, or additives in a food item.

Kale is rich in phytonutrients, iron, calcium, and vitamins C, K, and A. Iron helps red blood cells transport oxygen in the body.

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"Tons of compost, tears, and hard work have restored the generosity in the soil, and the hope in our hearts."

- Liz Dwyer, Dancing the Land

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## Cool Cucumber-Kale Dip

### Directions

1. Take the stems off the kale.
2. In a saucepan of boiling water, blanch kale until wilted or about 30 seconds. Drain well. Squeeze out excess water and chop into small pieces.
3. Add kale and the remaining ingredients to a bowl and combine. Enjoy with crackers or chips.

**Storage:** Refrigerate fresh, unwashed kale in an open or ventilated plastic bag.

**Preparation:** Remove the tough fibrous stems by cutting or tearing the leaf off

### Ingredients

#### Dip:

- 1 bunch of kale
- 1 cucumber, grated
- ½ onion, grated
- 2 cups plain greek yogurt or 8 oz cream cheese
- 1/2 cup feta cheese
- 2 tbsp garlic, minced
- 1 tsp fresh or dried dill
- Salt and pepper to taste
- Chips or crackers

Kale has a strong bitter, earthy taste

**Selection:** pick crisp leaves without visible wilting or yellowing.

To learn more, visit the  
Sprout website at  
[www.sproutmn.com/recipes](http://www.sproutmn.com/recipes).

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