

Kale



Kale is rich in Vitamins A, K, and C,. It also contains a lot of minerals such as copper, calcium, sodium, potassium, and iron. Kale is low in fat and no cholesterol.



After kale starts to flower, it produces seed pods between 2 and 3 inches where the seeds are found.



Kale is locally grown here in Hawaii.

The kale plant grows on the ground and reach a height of up to 4 feet. Kale thrives in the sun and grows all year round.

