Kale

Sturdier in texture than chard or spinach, kale grows as a large plant harvested by picking individual leaves. It comes in several varieties; we grow curly Winterbor, Tuscan / Lacinato (nicknamed “dinosaur”), & Red Russian. It’s available much of the growing season, & holds up well in colder fall weather. Steam or sauté, use in soups, or make baked “kale chips” as a snack. Add chopped fresh kale to salads or slaws. High in vitamins A, K & C, & other nutrients, this vegetable has its own “Eat More Kale!” movement.

(pictured above: kale varieties: traditional curly Winterbor, “dinosaur” Lacinato, red Russian)

Escarole: Almost a lettuce but coarser & stronger in flavor, escarole arrives in late spring. If you like it fresh, use it for salad, but it’s most often used to make soup, or braised with oil & garlic, for a side dish that usually includes white beans & pasta.