Curly Kale is tasty and pretty. Try it raw or cooked!

Yes, you can eat Ornamental Kale, but it's not as delicious as other varieties.

Dinosaur kale is fun for kids!

GET RID of the stems in your Red Russian Kale!

Siberian Kale is extra tender.

Kale can reduce your risk of BLADDER, BREAST, COLON, OVARY, and PROSTATE cancer.

A single cup of kale offers OVER 20% of the Daily Value for VITAMIN C and VITAMIN A.

Kale can LOWER your cholesterol and FIGHT inflammation!