



SKILL CARD

How to: BUY & STORE KALE

Step 1:

Remove tie or rubber band from kale, wrap in paper towels, and seal in a plastic bag.



Tip:

If kale gets sad and wilted, you can shock it back to life in a cold water bath.

Step 2:

Place in the crisper.

Step 3:

Make sure kale is firm bright green, it shouldn't have any yellow or brown spots.

