



The Book of Kale: The Easy-to-Grow Superfood

80+ Recipes

Sharon Hanna

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Kale--one of the most nutrient-dense greens in existence--has been growing for thousands of years without any fuss. Yet, despite the fact that kale is lauded as a miracle food, and most people know that they should be eating it, many don't know how to make it taste good.

Here, kale-evangelist Sharon Hanna provides more than eighty simple but superb recipes for breakfast, lunch, dinner and snacks. Dishes ranging from *Kale Chips* to *Kale and Potato Torta* or *Scalloped Kale with Browned Butter & Sage* will blow kale skeptics out of the kitchen. This garden-to-kitchen guide gives readers all they need to know to grow this super-sustainable crop organically--as edible landscaping, on balconies and boulevards and even indoors. And, aspiring locavores take note--purple, silvery-green, frilly, stately Tuscan and rainbow-hued kale can all be grown year-round throughout North America, helping families save hundreds of dollars a year on grocery bills.

Best of all, learn how to teach kids to love kale--both growing and eating it--with inspiration derived from this author's many years as an award-winning coordinator of an inner-city school garden program.

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