

Uses

ID	130
Crop ID	Kale
Part	Whole (without root)
Use Category	Food
Notes	Leaves - raw or cooked. A strong cabbage flavour, they are delicious if used when fairly young though they can become tough with age. The leaves are usually available from autumn to late spring, and can be harvested all through the winter in all but the very coldest of seasons. Young flowering shoots - raw or cooked. Picked before the flowers open, they are fairly tender and can be used as part of a mixed salad. When cooked, they have a delicious flavour similar to sprouting broccoli
Metadata ID	6,869