



Kinetic Kale Karma.MP3

Gary Crawford: [00:00:00] It was a big thing back in the Middle Ages and then in modern times it fell into relative obscurity. But now.

Janet Tenney: [00:00:05] It has become the "In" vegetable in the last 10 or 15 years.

Laura Popielski: [00:00:08] Seems to be the new hip vegetable.

Gary Crawford: [00:00:10] Or as the song goes. What are we talking about it's kale. And here at the Agriculture Department Farmer's Market in Washington in the Veg-U-Cation. We have someone who grows it and knows it too. Janet Tenney and someone who shows it and shows people what to do with Laura Popeilski. I guess I am not hip, cool, or trendy. I've got to claim pretty much total ignorance about kale.

Gary Crawford: [00:00:33] Well this is your wakeup "kale" then Gary.

Gary Crawford: [00:00:35] OK. So here we go. Laura what the "Kale" is it.

Laura Popielski: [00:00:39] Kale is a leafy green vegetable. Looks a little bit like spinach but it's more related to cabbage.

Gary Crawford: [00:00:48] Doesn't like to head like cabbage.

Laura Popielski: [00:00:50] No it does and it comes out of the ground straight like a big leaf.

Gary Crawford: [00:00:53] OK but now Janet you say you like cabbage. There are many types of kale.

Janet Tenney: [00:00:57] There are probably 50 varieties but the most common would be the curly kale like we have here today.

Gary Crawford: [00:01:04] Named after Curly of the stooges of course.

Janet Tenney: [00:01:07] No no.

Gary Crawford: [00:01:08] Well all right. You never know. So it's called Curly then because what.

Janet Tenney: [00:01:12] The curly kale has that curly look at the end of the leaf. There's also what's called the Tuscan or dinosaur kale which is a longer narrow leaf that has kind of crinkled a bit.

Gary Crawford: [00:01:23] So we got a stooge kale and dyno kale. Now Laura you say kale was popular in Europe back in the Middle Ages but what else?

Laura Popielski: [00:01:30] In the Scottish Isles kale was so popular because it can be grown in cold northern climates that kitchen gardens were called kale yards.

Gary Crawford: [00:01:40] And kale came to North America with the European settlers continued to be quietly but not wildly popular. And then! In the 1940s during World War Two.

Laura Popielski: [00:01:50] People were promoted to have victory gardens and grow kale.

Gary Crawford: [00:01:55] Why kale?

Laura Popielski: [00:01:57] Kale can grow in lots of different climates. It's very hardy and it's so very good for you.

Gary Crawford: [00:02:01] Some people call it a nutritional superfood.

Laura Popielski: [00:02:04] Kale is a power house.

Laura Popielski: [00:02:07] Kale is source for vitamin A which we know is good for our eyesight or some item in between that is good for our eyes like vitamin K for our blood like blood clotting and wound healing. Vitamin C for our immune system potassium for nerve and muscle function and heart health has iron which helps move oxygen through our blood fiber and also has some calcium in it which will help strong bones.

Janet Tenney: [00:02:25] Now all of that is probably why more Americans are eating Kale. It even has its own day. I found out national kale day but it was back on October 4th lower we missed it.

Laura Popielski: [00:02:35] But Mark it on your "kale-ndar" for next year.

Gary Crawford: Yeah it would be a "Kala" affair. But next time Laura we'll get into how to buy it and into some interesting things you can do with it including more puns right.

Laura Popielski: [00:02:47] What kind of vegetable does rich people eat. "Ups-kale". Upscale? Get it?

Gary Crawford : haha. Can't wait for next time. Gary Crawford reporting for the U.S. Department of Agriculture in Washington.