

Eat More Arizona Grown Kale

Nutrients Found in Kale

- Vitamin K** Plays a role in bone and blood health
- Calcium** Helps form bones and teeth and keeps them strong
- Potassium** Helps you maintain a healthy blood pressure

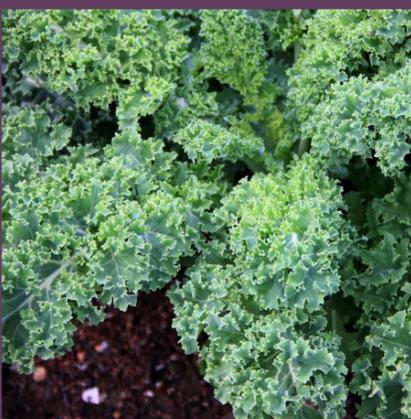


KALE



HARVEST OF THE SEASON

Make half your plate vegetables and fruits.



Most recently, kale was harvested on 121 acres in Arizona from 20 different farm operations.



Choose kale greens that are dark in color, crisp and free from brown or yellow edges.



Arizona grown vegetables and fruits taste best and cost less when purchased in season.