



Using, Storing and Preserving Kale



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Michigan Fresh: Using, Storing and Preserving

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Kale belongs to the Brassica family, which also includes cabbage, collards, broccoli and Brussels sprouts.

It is also known as borecole.

Food Safety and Storage

- Wash hands before and after handling fresh produce.
- Leaves vary from dark green to purple to deep red. Look for firm, deeply colored leaves with healthy stems. Small leaves will be more tender and have a milder flavor than large leaves.
- Store unwashed kale in an airtight plastic bag in your refrigerator's crisper drawer, where it will keep up to five days.
- Wash leaves under cool running water before using. Kale tends to have dirt and grit on the leaves, so wash thoroughly in several changes of cool water.
- To prevent cross-contamination, keep kale away from raw meat and meat juices.

Michigan State University Extension does not recommend canning, freezing or drying kale because of its high water content, which produces a low-quality product.

Ways to Prepare Kale

Add to salads with red pepper, onion and raisins.

Toss chopped kale with cooked whole-grain pasta, pine nuts, feta cheese and olive oil.

Cook chopped kale with garlic and olive oil for 5 minutes; season with salt, pepper and red wine vinegar.

Make kale chips by slicing kale into bite-sized pieces, tossing with olive oil and salt, and baking for 10 to 15 minutes at 350 degrees F.

Lawn or garden questions?

Visit migarden.msu.edu.
Call toll-free 1-888-678-3464.

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References

Andress, E., & Harrison, J. A. (2014). *So easy to preserve* (Bulletin 989). (6th ed.). University of Georgia Cooperative Extension.

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