# Kk

**Kale:**

- One of the healthiest plants on Earth
- Name comes from the Scottish word Kail
- From the same plant as broccoli, brussel sprouts and cabbage
- With cooler weather, Kale gets sweeter
- Extremely high on the nutrient density scale
- Contain phytonutrients which lessen inflammation, improve liver detox abilities and can even protect brain cells from stress
- “Kale talks to your DNA and tells it to sing the sweet, slow song of health and happiness.”
- Is resilient and can grow above the snow
- Has more vitamin C than and orange
- Is part of the cruciferous vegetable family like cabbages.
- Rich in Calcium, Vitamins A, C, K, E and Iron.
- Helps with memory, is good for lungs & eyes.
- Provides UV protection for the eyes, is good for the joints, strengthens the bones, is an effective antioxidant, & contains Omega 3s

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