# Kale

The kale is a sort of rich cabbage, with a strong and intense taste. It is a really versatile cooking ingredient and can be eaten both cooked and uncooked. It is very rich in vitamins, mineral salts and antioxidants.

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| **Type** | Organic kale. |
| **Origin** | Italy - Campania/Lombardia |
| **Caliber** | 6-12cm. |
| **Characteristics** | Intense flavor, crisp. |
| **Conservation** | Temperature 2-6°C. |
| **Available packagings** | - Flow Pack: 90g- 100g-125g<br>- Bags: 75g- 100g-125g-200-400g<br>- Other packagings available on request. |

## *Availability*

| JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|---|---|---|---|---|---|---|---|---|---|---|---|
| X | X | X | X | X | X | X | X | X | X | X | X |