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SUPER FOOD

Kale



Loaded with
Antioxidants



High in
Vitamin C



Good Source of
Minerals

#growyourown

It's National Kale Day!

You've likely heard that kale is a superfood. It's because just one cup of raw kale contains:

- Vitamin A: 206% of the DV (from beta-carotene)
- Vitamin K: 684% of the DV
- Vitamin C: 134% of the DV
- Vitamin B6: 9% of the DV
- Manganese: 26% of the DV
- Calcium: 9% of the DV
- Copper: 10% of the DV
- Potassium: 9% of the DV
- Magnesium: 6% of the DV

The leafy green is great in salads, soups, smoothies, baked kale chips and more!



Kale is Easy to Grow

We love kale here at Planted Places. You can learn how to grow it with our container gardening membership. [Learn more.](#)

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