



It's National Kale Day!

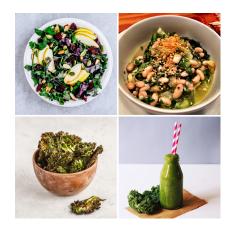
You've likely heard that kale is a superfood. It's because just one cup of raw kale contains:

• 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 DVMagnesium: 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. <u>Learn more</u>.

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