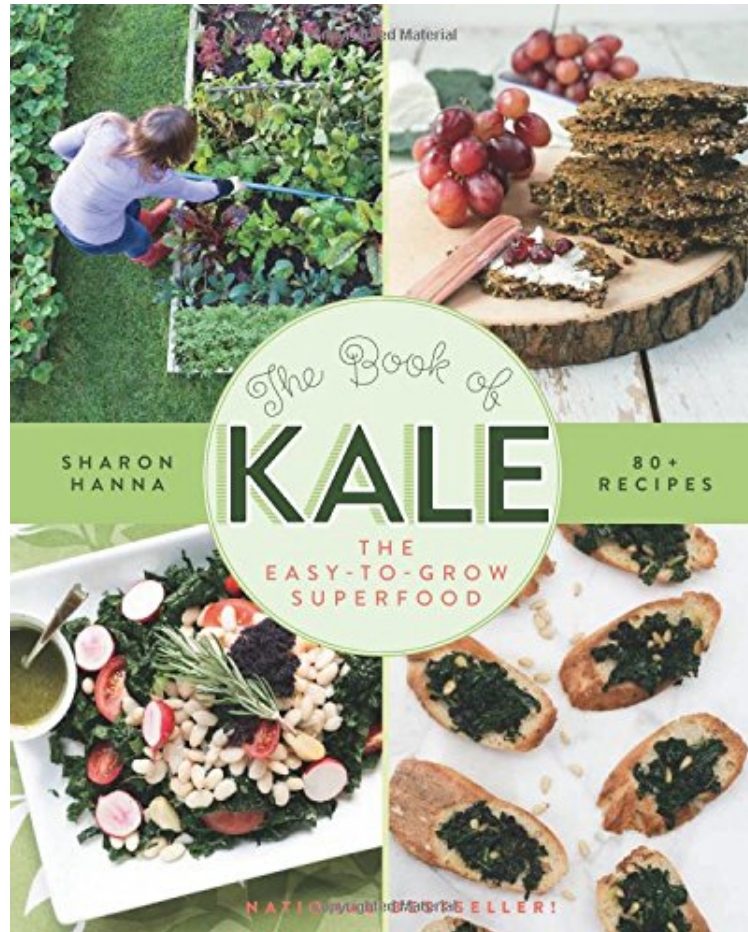


[Download] The Book of Kale: The Easy-to-Grow Superfood 80+ Recipes

The Book of Kale: The Easy-to-Grow Superfood 80+ Recipes

Sharon Hanna

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Sharon Hanna : The Book of Kale: The Easy-to-Grow Superfood 80+ Recipes before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Book of Kale: The Easy-to-Grow Superfood 80+ Recipes:

3 of 3 people found the following review helpful. BOOK OF KALE By Marge Wonderful cookbook. I wish it were hard bound but it's a good resource. Kale IS good but I often have a hard time thinking of good ways to use it. This is your starting place if you have lots of kale and don't know what to do with it. It also is fun to read. I love reading cookbooks. One thing I like about it is that it has taken a lot of familiar recipes and adapted them to have kale in them. Making kale familiar makes you feel more comfortable with it. Another thing is, it's affordable. Enjoy! 13 of 14 people found the following review helpful. Just love this healthy food book By Polly I bought this book for my husband's birthday. He loves to cook, and he has to use a recipe, but most of all he loves recipe books with lots of pictures, and this one does. It also has all kinds of information about kale, how to grow it, what to look for etc. which is just what my husband likes. Only one disapproving thing: the recipes do not have the nutritional values listed. With health being

a great part of our lives, especially now that we are seniors, we do like to know the nutritional value of recipes, and always read the nutrition value listed on item we buy from the grocery store. 2 of 2 people found the following review helpful. good recipes lacking nutritional count info
By Maine Reader
This is a good book; however, it really needs the nutritional information (calories, fat, pro., carbs, fiber...) listed for each recipe and it doesn't have it. I would also like to have seen photos of each recipe, there are few photos of the finished products. These two points are really important in a cookbook and were enough to knock it down from 5 to 3 stars.

Kale--one of the most nutrient-dense greens in existence--has been growing for thousands of years without any fuss. Yet, despite the fact that kale is lauded as a miracle food, and most people know that they should be eating it, many don't know how to make it taste good. Here, kale-evangelist Sharon Hanna provides more than eighty simple but superb recipes for breakfast, lunch, dinner and snacks. Dishes ranging from Kale Chips to Kale and Potato Torta or Scalloped Kale with Browned Butter Sage will blow kale skeptics out of the kitchen. This garden-to-kitchen guide gives readers all they need to know to grow this super-sustainable crop organically--as edible landscaping, on balconies and boulevards and even indoors. And, aspiring locavores take note--purple, silvery-green, frilly, stately Tuscan and rainbow-hued kale can all be grown year-round throughout North America, helping families save hundreds of dollars a year on grocery bills. Best of all, learn how to teach kids to love kale--both growing and eating it--with inspiration derived from this author's many years as an award-winning coordinator of an inner-city school garden program. Join the Kale conversation on Facebook.

"I jumped on [The Book of Kale] like a slug on lettuce, not only because of my own extreme enthusiasm for this easy-growing miracle food, but also because it is becoming so rightfully popular."~Helen Chesnut, Victoria Times Colonist, June 9, 2012
"The recipes are creative, putting kale in just about everything, from scones to chutneys"~Meredith Goad, Portland Press Herald, June 13, 2012
Hanna's book covers a short history of kale, different varieties, fun with kids and kale, and, of course, the planting, caring and harvesting of kale[...] But the majority of of Hanna's book is made up of delicious and inventive kale recipes. And yes, it has a kale chip recipe. Tried it, loved it. You will too.~Sherry A. Firing, The Globe and Mail, August 17, 2012
The Book of Kale is sure to bring much needed attention to one of the most nutrient-packed vegetable crops in the world. I've researched the nutritional quality of kale for over 12 years and it truly is a superfood. It is high in available nutrients, an excellent source of cancer-fighting glucosinolate compounds, and one of the best sources for carotenoid pigments that contribute to eye health. As a cool-season vegetable, kale grows best in early spring and fall months; however, it is easy to grow year-round in most climates. It is grown as a "baby green" (30 days old), or most often grown to full maturity. Historically, thousand-head kale is the progenitor in which all of the other Brassica oleracea crops (cabbage, broccoli, Brussels sprouts, cauliflower) descended. You will not find a vegetable crop with more nutritional value and historical significance than kale. It is just unfortunate that kale has been relegated to the role of a garnish at the salad bar, or on the plate. Sharon Hanna has provided many ways to enjoy this nutrient-dense vegetable, and hopefully this book will help bring this special crop to the prominence it deserves.~ Dr. Dean A. Kopsell, Associate Professor of Vegetable Crop Physiology, The University of Tennessee
"It has real personality and charm and the overall results are delicious." "The book has integrity, heart and pure deliciousness."~The Jury, Taste Canada - The Food Writing Awards 2013
About the Author
Sharon Hanna writes, speaks and teaches in Vancouver, BC. She received the Mayor's Prize for Environmental Excellence in 2006 for her inner-city children's gardening program. Hanna contributes regularly to GardenWise magazine and GardenWiseOnline, and was West Coast correspondent for Gardening Life.
Sharon's gardening blog
Excerpt. Reprinted by permission. All rights reserved. You can buy these delicate, high-priced treats--but by the time you get them home they're often in tiny bits. Since they don't travel well, make your own--it's a snap!
You can dry kale in the oven or in a dehydrator. A dehydrator takes longer but may dry the chips more evenly. Large older/thicker leaves work well. Because its leaves are relatively flat and tend to dry evenly, 'Lacinato' can be left whole, without removing the stem. Still, any variety of kale can successfully be made into chips. If you prefer to go gluten-free, use Bragg Liquid Aminos or a gluten-free soy sauce. Ingredients:
Washed kale leaves--enough to fit baking pan in a single layer
Olive, avocado, walnut or grapeseed oil
Sea or kosher salt
Bragg Liquid Aminos or tamari soy sauce
Sesame seeds (or experiment with other seasonings--barbecue spice, Spike, prepared rubs or a smidgen of garlic salt)
Parchment paper (if using oven method)
Rub one or both sides of leaves lightly with oil, sprinkle with salt, adding a dash or spray of Bragg's or soy sauce if desired. Sprinkle with sesame seeds.
Having said this, you can dry the kale leaves completely plain, especially if you think kids might prefer them unadorned, with maybe just a little salt. In the oven: Preheat the oven to 325F (160C). Place rack in the middle of the oven. Lay the leaves out whole, or in smaller pieces, on a baking pan lined with parchment paper. Bake for 10 minutes and check to ensure they're toasting evenly, then continue baking, checking every 5 minutes or so. The leaves should feel overall dry to the touch but should not shatter. In the dehydrator: To dry kale in a dehydrator, dry as per the usual directions. My dehydrator is very rudimentary with just a small element and no fan, and the kale takes quite a while to dry. Keep checking every hour or so until the kale is adequately dehydrated (as per above). Excerpted from The Book of Kale by Sharon Hanna. Photograph by Christina

Symons [Click here to buy the book](#)