



# KALEIDOSCOPE

Seeing the world through Kale

# CHAPTERS



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## INTRODUCTION

Kale is one of the healthiest vegetables you can put on your plate. With its sturdy texture and bitter undertones, Kale is a fascinating but at times formidable ingredient.

Use these recipes to rise to the challenge! With this guide, nothing will stop you from getting your tasty daily dose of minerals, healthy fatty acids, beta-carotene, antioxidants, fiber, vitamins, and even some proteins!

## HOW TO GROW KALE

Kale is an accessible plant to grow and it can prosper in a wide range of conditions.

The best approach will differ depending on the local climate, the use of a container, and the chosen variety of kale. There are numerous guides available online that are tailored to these variables, but you can find general information below to get you started:

- Soil pH: 5.5–6.8
- Soil Temperature: 4–30°C, optimal soil temperature is 21°C
- Air Temperature: from -7°C to 27°C
- Level of Sunshine: Depends on when the Kale is planted (full sunshine is better for planting in autumn, partial shade for planting in spring)
- Water and Drainage: Soil should be consistently moist and have effective drainage

# NUTRITION FACTS

**50**  
Calories

**9%**  
of Iron

**1021%**  
of Vitamin K

**7%**  
of Protein

**308%**  
of Vitamin A

**14%**  
of Calcium

**8%**  
of Dietary Fiber

**200%**  
of Vitamin C

**8%**  
of Magnesium

**14%**  
of Vitamin B6

**7%**  
of Folate

**13%**  
of Potassium

**8%**  
of Riboflavin

**14%**  
of Copper

**7%**  
of Thiamin

**39%**  
of Manganese

**6%**  
of Phosphorus

**5%**  
of Niacin

Note: Nutrition facts for a serving size of 100 grams of kale. Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



# SALADS

## RECIPE 1

### MARINATED KALE WITH MUSHROOMS AND WILD RICE

#### INGREDIENTS

- 250g bloomed wild rice, cooled
- 200g curly or lacinato kale, stems removed
- 60ml cold pressed hemp seed oil
- 60ml lemon juice
- 20g yacon syrup
- 1 tsp sea salt
- 1 tsp freshly ground pepper
- 1 onion, chopped
- 200g edible raw mushrooms, sliced
- Wild herbs (optional)

#### For decoration:

- Pomegranate seeds, pine nuts, and edible flowers

#### PREPARATION

Put the wild rice in a 1 liter mason jar and let it soak in water overnight to bloom; strain and rinse well. De-stem and chop the kale, placing it in a large bowl with sea salt; use your hands to massage the leaves for a few minutes. In a small bowl, make the dressing by whisking together cold pressed hemp seed oil, organic lemon juice, yacon syrup, and freshly ground pepper. Add the dressing to the large bowl. Add the bloomed wild rice and chopped onion; then toss well. Add sliced mushrooms and fresh wild herbs, then toss again until thoroughly coated. Allow to marinate for 1 to 2 hours at room temperature. Garnish with pomegranate seeds, pine nuts, and edible flowers.

## RECIPE 2

### ORANGE KALE SALAD

#### INGREDIENTS

- 1 bunch of kale
- 1 persimmon, sliced
- 1 apple, cut into thin cuboids
- 1 orange, peeled and cut into segments
- 4 tbsp chopped nuts

#### Dressing

- 4 tbsp rice vinegar
- 1 tbsp orange juice
- 1 tsp Dijon mustard
- 5 tbsp olive oil
- 1 tsp grated orange zest
- 1 tsp ground cumin
- ¼ tsp red pepper flakes
- Salt and ground black pepper

#### PREPARATION

Make the dressing by whisking the vinegar, orange juice, olive oil, Dijon mustard, orange zest, cumin, and red pepper flakes together in a bowl. Season the dressing with salt and black pepper. Remove stems from the kale, then stack 3 leaves of kale and roll together. Finely slice the kale leaves lengthways. Combine the sliced kale, persimmon, apple, orange, and nuts in a bowl. Add the dressing and toss until well coated. Allow it to rest for 15 minutes before serving.

### RECIPE 3

#### CLASSIC KALE SALAD

##### INGREDIENTS

- 1 bunch of kale
- 1 garlic clove, minced
- 2 tsp minced fresh ginger
- 3 tbsp rice vinegar
- 1 tbsp olive oil
- 1 tbsp organic soy sauce
- 2 tbsp minced red onion
- 1 carrot, shredded
- 1 tbsp hemp seeds
- Salt and pepper

##### PREPARATION

Remove the Kale's stems and slice the leaves. In a large bowl, add the kale, garlic, ginger, rice vinegar, olive oil, and soy sauce. With your hands, massage the kale leaves until the ingredients are well mixed, around 2 minutes. Add the red onion, carrot, and hemp seeds, and toss well. Season to taste using salt and pepper. Allow it to sit for at least 20 minutes.

### RECIPE 4

#### TAHINI KALE SALAD

##### INGREDIENTS

- 1 bunch of kale
- Sea salt
- 1 avocado
- 5 carrots
- 2 tsp black sesame seeds

##### Creamy tahini dressing

- ¼ cup tahini
- 1½ tbsp rice vinegar
- ½ teaspoon sesame oil
- 1 pinch red pepper flakes
- 1 handful chopped cilantro
- ⅓ cup water

##### PREPARATION

Pull the kale leaves from the stem. Tear the kale leaves into small, bite sized pieces. Sprinkle a small pinch of sea salt over the kale and massage the leaves for a couple of minutes. In a small bowl, whisk together the dressing ingredients. Slice the carrots into ribbons with a vegetable peeler and dice the avocado. Combine the ingredients and add the salad dressing, tossing thoroughly. Sprinkle the salad with sesame seeds and let it rest for 15 minutes before eating.



## RECIPE 5

### GOAT CHEESE KALE SALAD

#### INGREDIENTS

- 1 bunch of kale
- ½ cup pecans
- 5 medium radishes
- ½ cup dried cranberries
- 1 apple
- 50g of soft goat cheese

#### Dressing

- 3 tbsp olive oil
- 1½ tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1½ tsp honey
- Sea salt and freshly ground pepper

#### PREPARATION

Remove the kale leaves from the stems. Chop the kale into small, bite-sized pieces. Transfer the kale to a large bowl. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands. Thinly slice the radishes, coarsely chop the pecans and cranberries, and cut the apple into small pieces. Combine the ingredients in the bowl. Crumble the goat cheese over the top. In a small bowl, whisk the dressing ingredients together and pour the dressing over the salad. Toss until the salad is evenly coated. Let the salad marinate for 15 minutes.

## RECIPE 6

### CITRUS KALE SALAD

#### INGREDIENTS

- 1 bunch of kale
- 1 avocado, diced
- 1 handful of cranberries or lingonberries
- 4 clementines, peeled and sliced
- 4 small radishes, sliced into thin strips
- 1 handful of fresh cilantro, chopped
- ¼ cup pumpkin seeds

#### Honey-Lime Dressing

- Juice of 1 lime
- 3 tbsp olive oil
- 2 tsp honey (or agave nectar)
- 1 tsp Dijon mustard
- Salt and pepper

#### PREPARATION

Make the dressing by whisking together all the dressing ingredients in a small bowl. Prepare the kale by slicing out the stems and chopping the leaves into small, bite-sized pieces. Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, continue until the leaves are darker in color and fragrant. Drizzle the dressing over the kale and toss well. Add the prepared avocado, berries, clementines, radishes, cilantro, and feta to the bowl. Sprinkle the salad with pumpkin seeds. Toss the salad to combine and serve.



## RECIPE 7

### PEANUT SALAD

#### INGREDIENTS

- 2 large bunches of curly kale
- 1 bell pepper
- 2 carrots
- ¼ cup peanuts

#### Peanut Dressing

- ½ cup vegetable oil
- ¼ cup cider vinegar
- ¼ cup peanuts
- 2 tbsp brown sugar
- ½ tsp coarse salt

#### PREPARATION

Discard center ribs from the kale and slice thinly. Remove the seeds and ribs from the bell pepper. Cut the bell pepper in half crosswise and then slice thinly lengthwise. Thinly slice the carrots crosswise. Toss the kale, bell pepper, and carrots in a large bowl. Using a blender, puree the vegetable oil, cider vinegar, ¼ cup of peanuts, light-brown sugar, and coarse salt until smooth. Pour the dressing over the salad just before serving. Embellish by sprinkling with coarsely chopped peanuts.

## RECIPE 8

### KALE SALAD WITH QUINOA

#### INGREDIENTS

- 8 cups finely diced kale
- 3 tbsp fresh lemon juice
- 1 tbsp seasoned rice vinegar
- 2 tbsp olive oil
- 1 pinch salt
- 1½ cups cooked (then cooled) quinoa
- 3 tbsp chopped macadamia nuts
- 3 tbsp dried cranberries
- ½ avocado, diced

#### PREPARATION

Remove stems from the kale and chop the leaves. Place the kale in a large bowl then add the lemon juice, rice vinegar, olive oil, and salt. Massage and let it sit for around 5 minutes. Add the quinoa, chopped macadamia nuts, and dried cranberries. Toss the ingredients until well combined. Top the salad with diced avocado.

# SNACKS



## RECIPE 9

### OVEN BAKED KALE CHIPS

#### INGREDIENTS

- 1 tbsp plus 1 tsp extra-virgin olive oil
- 1 tsp fresh lemon juice
- ½ tsp curry powder
- ½ tsp salt
- ⅛ tsp cayenne pepper
- ⅛ tsp freshly ground black pepper
- 225g destemmed Tuscan or curly kale, cut into 5-cm strips
- 20g nutritional yeast

#### PREPARATION

Position a rack in the middle of the oven and preheat it to 150°C. In a small bowl, whisk together the oil, lemon juice, curry powder, salt, cayenne, and pepper. Put the kale in a very large mixing bowl, making sure it is completely dry (excess water will make the chips soggy). Massage the oil mixture into the kale, making sure that each leaf is coated equally. Then sprinkle it with the yeast and mix thoroughly with your hands until each piece is evenly coated. Arrange the kale in a single layer on two large baking sheets, and place them in the oven on the middle racks. Bake for about 30 minutes, until the kale is crispy. Serve warm or at room temperature.

## RECIPE 10

### CHEESY RAW KALE CRISPS

#### INGREDIENTS

- 2 bunches of curly kale
- 150g cashews, soaked 2 hours
- 150ml water
- 3 tbsp lemon juice
- 2 tbsp chickpea miso or sweet or light miso paste
- 2 tbsp nutritional yeast
- 1 tsp paprika
- 1 tsp sea salt

#### PREPARATION

Remove the kale from its stems and place the unshredded leaves in a medium-size mixing bowl. Place the cashews, water, lemon juice, miso, nutritional yeast, paprika, and salt in a blender and process until smooth, scraping down the sides as needed. Add more water if needed to keep the blades moving, 1 tablespoon (15 ml) at a time. Less is better. Pour the cheese mixture over the kale and use your hands to coat evenly. Spread over 2 mesh dehydrator screens and dry at 46°C for 6 to 7 hours or until crisp. The crisps will keep in an airtight container for 1 month. Return to the dehydrator if they get soft.



DIPS

## RECIPE 11

### WALNUT AND FETA DIP

#### INGREDIENTS

- 1 cup pomegranate seeds
- 2 cups chopped kale
- 2 cups cooked wild rice
- ¼ cup walnuts
- ¼ cup feta cheese

#### Dressing

- ½ cup shallot, minced
- 2 tbsp olive oil
- 2 tbsp water
- 2 tbsp honey
- ½ tbsp apple cider vinegar
- ½ tsp salt
- 1 squeeze of lemon or orange juice

#### PREPARATION

Slice the kale leaves, discarding the stem. Break the walnuts into small pieces. Cut the feta cheese into cubes. In a food processor, pulse the shallot, olive oil, water, honey, apple cider vinegar, salt, and fruit juice until smooth and creamy. Adjust to taste, adding additional water to keep the mixture moving through the food processor. Toss the salad ingredients together with the dressing just before serving.

## RECIPE 12

### PISTACHIO DIP

#### INGREDIENTS

- 250g cooked chickpeas
- 60g raw pistachios
- 2 kale leaves, stems removed
- 15g basil leaves, chopped
- 60ml lemon juice
- 2 tbsp organic lemon zest
- 60ml extra virgin olive oil
- 2 garlic cloves
- 1 tsp sea salt
- 1 tsp cayenne pepper
- Sesame seeds to garnish

#### PREPARATION

Put all the ingredients into a food processor and blend until smooth. Transfer to a serving dish, then drizzle with olive oil and sprinkle with sesame seeds.



## RECIPE 13

### AVOCADO KALE DIP

#### INGREDIENTS

- 2 cups shredded kale
- 1 cup fresh parsley leaves
- 1 ripe avocado
- ½ of a lemon, juiced
- ¼ cup nutritional yeast
- ¼ tsp salt
- 1 garlic clove

#### PREPARATION

In a food processor, combine the avocado, lemon juice, yeast, garlic, and salt until smooth. Add the kale and parsley and pulse until combined. This dish is enhanced by being served with carrot sticks, crackers, tortilla celery, and cucumber sticks.

## RECIPE 14

### KALE AND WALNUT PESTO

#### INGREDIENTS

*This kale and walnut pesto goes wonderfully with veggie noodles or with cooked grains and vegetables. For variation, add seasonal wild greens like dandelion leaves, galinsoga, and young nettle leaves.*

- 2 garlic cloves
- ¼ cup pine nuts
- 4 large leaves of kale
- ½ packed cup fresh basil
- 1 lemon, juiced
- 1 tbsp nutritional yeast
- ¼ cup walnuts, soaked
- ½ cup olive oil
- ½ tsp sea salt
- Black pepper

#### PREPARATION

Place all ingredients in a blender (or food processor) and mix until smooth.



A close-up photograph of a large pile of fresh, dark green curly kale leaves. The leaves are piled on a light-colored wooden cutting board. The texture of the kale is highly detailed, showing the characteristic curly and ruffled edges. The lighting is bright and natural, highlighting the vibrant green color and the intricate vein structure of the leaves. The background is softly blurred, focusing attention on the kale.

SOUPS

## RECIPE 15

### KALE AND CELERY SOUP

#### INGREDIENTS

- 4 tbsp olive oil
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- Sea salt and pepper, to taste
- 4 celery sticks, finely chopped
- 500g kale leaves, with stems removed
- 200g spinach leaves, trimmed
- 2 handfuls of parsley, chopped
- 1.25l vegetable stock
- 1 handful of pot marigold petals

#### PREPARATION

In a heavy-bottomed soup pot, heat the olive oil and sauté the onion and garlic until soft. Add the sea salt and pepper. Add the celery pieces and mix well. Finely chop the kale leaves and add them to the pot, combining well. Add the spinach leaves and parsley. Mix and add the stock. Simmer the soup for 20 minutes. Allow it to cool slightly, then blend to a fine purée and sieve. Garnish with a celery leaf and scatter marigold petals onto the soup seconds before serving.

## RECIPE 16

### BEAN SOUP WITH KALE

#### INGREDIENTS

- 650g Tuscan kale, stems removed, coarsely chopped
- Sea salt and freshly ground pepper
- 2 tbsp olive oil
- 50g chopped red onion
- 3 garlic cloves, thinly sliced
- 1 dried red chile, crumbled
- ½ tsp fennel seeds
- 1.25l vegetable stock
- 225g dried cannellini beans, soaked overnight
- 1 tomato, seeded and finely chopped

#### PREPARATION

Heat the olive oil in a large saucepan over a medium heat. Add the onion and cook until tender. Add the garlic, chili, and fennel seeds, cook for 2 minutes, stirring occasionally. Stir in the stock, beans, and tomato. Bring to a boil then reduce to a simmer, and cook until beans are tender. Add the kale and season with the salt and pepper. Cook, stirring frequently, until the kale is warmed through and very tender, about 5 minutes.



## RECIPE 17

### ORANGE SQUASH SOUP

#### INGREDIENTS

- 1 tbsp olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 medium red bell pepper, diced
- 4 cups prebaked, peeled, and diced orange squash
- 900g fresh tomatoes
- 2 cups cooked red or black beans, drained and rinsed
- 1 hot green chili pepper, seeded and minced
- 2 tsp ground cumin
- 350g kale, cut into bite-size ribbons
- Salt and freshly ground pepper
- ¼ cup chopped fresh cilantro
- 3 cups water

#### PREPARATION

Heat the oil in a soup pot. Add the onion and sauté over a medium heat until translucent. Add the garlic and red bell pepper, continuing to sauté until the onion is golden. Add the squash, tomatoes, beans, chili pepper, cumin, and the water. Bring to a gentle boil, then cover and simmer gently for around 10 minutes. Stir in the greens in batches, until wilted, then simmer gently for 10 minutes longer, or until tender to your liking. Season with salt and pepper, then stir in the cilantro.

An aerial photograph of a large agricultural field. The field is filled with rows of green, leafy vegetables, likely kale or a similar variety, planted in neat, parallel lines. The plants are densely packed and have a rounded, bushy appearance. The rows are separated by narrow, dark-colored paths or furrows. The overall scene is a vast expanse of green, with the perspective looking down from above, creating a strong sense of depth and order. The word "SMOOTHIES" is overlaid in white, bold, sans-serif capital letters on the right side of the image.

SMOOTHIES

**RECIPE 18**  
**VERY GREEN SMOOTHIE**

**INGREDIENTS**

- 60g dandelion greens
- 60g kale leaves
- 30g parsley
- 120g cucumber
- 60g celery

**PREPARATION**

Process the dandelion greens, kale, and parsley in a juicer, then the cucumber and celery. Stir well to combine. If using a blender, simply add all the ingredients and puree until smooth.

**RECIPE 19**  
**DETOXIFYING SMOOTHIE**

**INGREDIENTS**

- 30g garlic cloves, peeled
- 60g fennel
- 60g kale leaves
- A sprinkling of basil leaves
- 60g tomatoes
- 30g cucumber
- ¼ lemon

**PREPARATION**

Process the garlic, fennel, kale, and basil in a juicer, then the tomatoes, cucumber, and lemon. Stir well to combine. If using a blender, simply add all the ingredients (be sure to peel the lemon first) and puree until smooth.



## RECIPE 20

### APPLE AND KALE SMOOTHIE

#### INGREDIENTS

- 1 handful, stems removed
- 1 apple, cored and chopped
- ½ cucumber, chopped
- 2 celery stalks, chopped
- 1 lime, quartered
- ½ bunch of cilantro
- 1cm of ginger root
- 150ml water

#### PREPARATION

Put all the ingredients into a blender with the water and blend well. Strain through a piece of muslin cloth over a bowl, then pour into a glass. Set the pulp aside and use it in a smoothie or as a topping for crackers.

**RECIPE 21**  
**FRUITY SMOOTHIE**

**INGREDIENTS**

- ¼ cup kale
- ¼ cup currants
- ½ cup orange juice
- 1 cup blackberries
- ½ cup kiwi

**PREPARATION**

Place the kale, currants, and orange juice into the blender and process until smooth. Add the remaining ingredients and continue to process to the desired consistency, adding more orange juice if needed.

**RECIPE 22**  
**SUPER FOOD SMOOTHIE**

**INGREDIENTS**

- ½ avocado
- 1 handful of kale
- 1½ cup of berries
- 1 tsp raw cocoa powder
- 1 tsp spirulina powder
- 1 tbsp goji berries
- 1½ cups fresh water

**PREPARATION**

Peel the avocado, then wash and remove the stem from the kale. Put all the ingredients into a blender. Blend until the mixture is well combined. Add water if it is too thick.



DESSERTS

## RECIPE 23

### ORANGE AND KALE CHIA PUDDING

#### INGREDIENTS

##### Kale Chia Pudding

- 250ml almond milk
- 50g kale leaves, washed
- 1 ripe banana
- 1 tsp vanilla extract
- 1 tsp maple syrup
- 50g chia seeds

##### Orange Chia Pudding

- 75ml almond milk
- 50g raw oats
- 2 large oranges, peeled
- 1 ripe banana
- 50g chia seeds

#### PREPARATION

**For the Kale Chia Pudding** In a blender, combine the milk, kale, banana, and maple syrup until smooth. Add the chia seeds and blend for a few seconds to combine. Pour into a bowl and chill in the fridge for at least 1 hour or overnight.

**For the Orange Chia Pudding** In a blender, combine the milk, oats, oranges, and banana until smooth. Add the chia seeds and blend, then pour into a bowl and chill as above.

Spoon the chia puddings together into bowls or glasses and serve cold.

## RECIPE 24

### CHOCOLATE KALE CHIPS

#### INGREDIENTS

*The rich chocolate sauce in this recipe can also be enjoyed on desserts or as an indulgent drizzle over fruits and berries.*

- 1 bunch curly kale
- ½ cup cashews (soaked for an hour beforehand)
- 4 large soft pitted dates
- ¼ cup raw cacao powder
- 1 tsp vanilla extract
- ¼ tsp sea salt
- ½ cup (start with ⅓ cup and add until you have a thick mixture that resembles chocolate sauce)

#### PREPARATION

Remove the stem from the kale, wash the leaves, and thoroughly dry it. Tear the kale into pieces and place in a large mixing bowl. Make the sauce by blending the cashews, dates, cacao, vanilla, sea salt, and water in a blender until smooth. Pour the sauce over kale, and mix with your hands until the kale is well coated. Dehydrate at 45°C for about 5 hours. Flip the kale chips and dehydrate for another 4-5 hours, or until very crispy.

**Oven option:** Bake the chips at 150°C for about 20 minutes. Flip chips, and bake for another 15 minutes. If they're still "wet," allow them to crisp up further, but if they start burning before your 15 minutes are done, take them out.

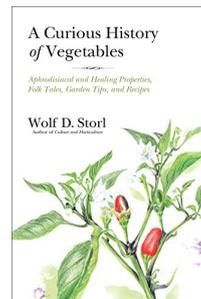


## FURTHER READING

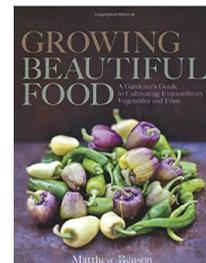
Connecting with your food is really about connecting with yourself. We collected these recipes to inspire engagement with the fundamentals of subsistence, but there is always more to learn, more to grow, and more to enjoy. We've provided a few recommendations to get you started. Good luck!



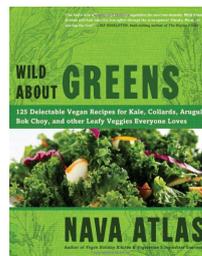
One-Pot Gourmet Gardener  
by Cinead McLernan



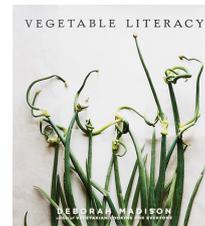
A Curious History  
of Vegetables  
by Wolf D. Storl



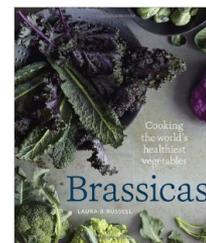
Growing Beautiful Food  
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Wild About Greens  
by Nava Atlas



Vegetable Literacy  
by Deborah Madison



Brassicas  
by Laura B. Russell

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