Kale Trivia

Did you know that *kale* is on the menu for the adult hippopotamuses at the National Zoo in Washington D.C.? Each hippo eats 10 pounds of *kale*, 3 gallons of high-protein cereal pellets, and ¼ bale of alfalfa hay a day!

1. **T or F**: Kale is a leafy, wild cabbage.
2. Although available year-round, kale's peak season is\_\_\_\_\_\_\_\_to\_\_\_\_\_\_\_\_\_\_.

**a. December-February b. March-May c. June-August d. September-November**

1. **T or F:** Kale **can** grow in cold temperatures and even withstand frost.
2. Cold temperatures make kale leaves \_\_\_\_\_\_\_\_\_\_\_\_\_.

**a. more bitter b. softer c. crispier d. sweeter**

1. **T or F:**  Kale **cannot** grow in the hot weather in the southern United States, or in poor soil.
2. Black kale, also call Lacinato kale, has distinctive, very long, curly, blue-green leaves, and a texture that inspired the nickname \_\_\_\_\_\_\_\_ kale.

**a. Red Russian b. Blue-curled c. Dinosaur d. Winterbor**

1. **T or F:** Although they look very different, cabbage, kale, broccoli, kohlrabi, cauliflower and Brussels sprouts are all from the same species of plant.
2. Kale is high in Vitamin \_\_\_, which promotes healthy mucus membranes and skin, and is very important for vision as well.

**a. Vitamin B b. Vitamin Z c. Vitamin E d. Vitamin A**

1. **T or F:** Kale needs to be exposed to the first winter's frost so some of the plant's starch can be changed into salt.
2. When you cook cabbage family plants like kale, sulfur and mustard compounds in the plant are released and may smell \_\_\_\_\_\_.

**a. sweet b. bad c. rosy d. cheesy**

Answer Key:

1) True 2) a. December to February 3) True 4) d. sweeter

5) False- It actually **can!** It is a very hardy plant. 6) c. Dinosaur, because the texture resembles dinosaur skin

7) True, they are all in the Brassica family 8) d. Vitamin A 9) False- sugar 10) b. bad