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Eat More Kale

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I'd see it on a t-shirt or on a bumper sticker, the command "Eat more kale."

It wasn't something I grew up eating, and I'd think to myself, I'm going to have to try it, this kale. My first encounter with it was at the farmers' market where it was easy to find, and later sturdy bunches of it were often included in our CSA share. Its scarcity during the early years of the Winter Farmers' Market, when kale is at its sweetest, made me appreciate it even more.

We'd planted two short 20 inch rows, one of Red Russian and the other of Siberian, back in early April under a cold frame, maybe a dozen plants in all. It may be due to this season's favorable conditions but they've been faithful producers ever since. We had one last harvest before clearing the bed, yielding a hefty two buckets full. Fortunately, it's not the last of our kale, there's still more under cover. However, the awaiting crop doesn't mark the passage of time the way these do, with their notched stems ticking off the days between now and then.

Read more at www.diaryofatomato.com [1]

Note: When I wrote this post, little did I know that "Eat more kale" was to become a cause celebre. Find out more and lend your support at www.eatmorekale.com [2].

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[1] http://www.diaryofatomato.com
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