

RECIPE OF THE WEEK- Kale Chips



Once you start growing kale, you will always have an abundance.

Kale is a leafy green that is part of the cabbage (Brassica family) which includes broccoli, brussels sprouts, cabbage and cauliflower. Kale has a two-year life cycle and is considered a biennial plant. During its second

year, it will produce tiny yellow flowers that are a great source of nectar for pollinators such as bees and often will start to flower in mid - April.

The flowers are edible and make a great addition as toppings to salads and pasta dishes. If you leave them on the plant, the flowers will eventually fall off and form an enormous quantity of seed pods to save for planting the next year!

Try this recipe from [***The Minimalist Baker***](#) for a healthy alternative to potato chips. These oven baked chips are crispy, crunchy, satisfying and quite easy to make.

The ingredients are simple: Fresh kale, olive oil and any spices you have in your pantry.