



## Spring into Kale



Kales are hugely popular because of their nutritional benefits. Tozer Seeds predicted this trend some years ago and have developed a range of brand new contemporary brightly colored kales with fantastic leaf textures and unique eating qualities. These new kales require very light cooking and can be prepared in many different ways including stir-fry, steam, and microwave.

Learn more about our kale varieties [here](#).

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## Lacinato Kales

### Black Magic - full size

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- Winter hardy with dark, savoyed leaves
- Flavor improves with frost
- Mature leaves grow as a rosette rather than on a true stem.



## Mamba F1 (full size) - New to Trial

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Mamba F1 is the latest in Tozer's hybrid lacinato offerings

- Upright plant habit with good uniform leaves
- High yielding as it is great for multiple harvests
- Shows good tolerance to foliar diseases



## Nero di Toscana - baby leaf

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- Dark green leaves, 2-3 inches wide, 10 inches long
- Blistered appearance
- Winter hardy, becoming especially sweet after a freeze.



## Green Curly Kales

### TZ 6376 F1 (full size) - New to Trial

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- Curly kale variety
- Increased yields
- Improved harvestability and disease tolerance



## TZ 6379 F1 (full size) - New to Trial

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- Curly kale variety
- Increased yields
- Improved harvestability and disease tolerance



## Green Curled Afro

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- Good cold tolerance
- Good uniformity for this open-pollinated variety



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## Specialty Kales

### Casper

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- Textured, ruffled leaves develop a striking contrasting white center as they mature
- Have a very sweet flavor
- Ruffled leaves give great bag-fill
- This variety is also suitable for multiple cuts



## Roulette

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- Deep red textured leaf and a striking pink mid vein running throughout the leaf
- Suitable for multiple cuts, this variety is very versatile



## Southern Cross

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- A unique combination of a variety of kale types specifically for baby leaf use
- Excellent balance of varying colors and leaf shapes



[Click Here to Learn More About Kale Varieties](#)

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## Kale Salad With Apples and Cheddar

**Total Time: 5 minutes**

### Ingredients

- 4 cups very finely chopped curly kale or Russian kale
- 2 tablespoons chopped toasted almonds
- 1 apple, cored and cut into 1/4 inch dice
- 1 oz cheddar cheese, cut into 1/4 inch dice
- 2 tablespoons fresh lemon juice



- 1 small clove of garlic
- 5 tablespoons extra virgin olive oil
- 2 tablespoons freshly grated parmesan
- Salt and pepper, to taste

## Instructions

- Combine the kale, almonds, apple, and cheddar in a large bowl
- Whisk together the lemon juice, salt, garlic, and olive oil. Add to the salad, and toss well
- Sprinkle the parmesan over the top and serve

Find the original recipe here: <https://cooking.nytimes.com/recipes/1013732-kale-salad-with-apples-and-cheddar>

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A serving of kale has more absorbable calcium than a small carton of milk.



Kale possesses phytonutrients, which quell inflammation and improves the liver's detox ability.



One cup of chopped kale has 134 percent of your recommended daily intake of vitamin C.



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