



**Baker Family Farms** is an exclusively family operated farm located in Norman Park, GA. Baker Farms specializes in collard greens, cabbage chard, kale, spinach, radishes, turnips, and zucchini.

# Kale

- Kale is a leafy green vegetable.
- There are over 50 varieties of Kale, and some varieties can grow up to 6 feet tall.
- Kale belongs to the same family as cabbage, Brussel sprouts, and collards.
- Kale has been grown around the world for over 6,000 years!

★ Kale is packed with vitamin C!

**Georgia grown Kale served in your café this December!**



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