BENEFITS OF KALE

LOW CARB  VITAMIN K  CALCIUM

ANTIOXIDANTS  VITAMIN C  POTASSIUM

ANTI-INFLAMMATORY  LUTEIN

National Kale Day

It’s a Kaleabration!

Come learn about the nutritional and environmental benefits of kale.
Make free kale smoothies using a blender powered by pedaling a bike!

PER CALORIE KALE HAS
MORE IRON THAN BEEF
MORE CALCIUM THAN MILK
10% MORE VITAMIN C THAN SPINACH

Wednesday, October 3
11-2 pm
Area in front of the bookstore and Corner Deli