HEALTH BENEFITS

**VITAMIN C**

**VITAMIN K**

**VITAMIN A**

**FOLATE**

**FIBER**

**HEART HEALTHY**

**IMMUNE SUPPORT**

SHOPPER’S TIPS

Leaves of brassicas should be firm, fresh and a vibrant green.

Choose cauliflower that is all white, with no visible brown spots.

Keep brassicas in a plastic bag in the fridge, wash before using and discard any wilted leaves.

Young, tender, baby leaves of kale should be washed, spun, dried, and stored in a plastic bag in the fridge.

Most brassicas will keep in the fridge for two weeks.

**HEALTHY SERVING IDEAS**

**Massage raw kale with lemon juice and olive oil until soft. Serve with some sunflower seeds, Parmesan and a drizzle of olive oil for a delicious salad.**

**Drizzle cauliflower with olive oil, sprinkle with salt and roast in a 400-degree oven until lightly browned – about 20 minutes. Serve as a reduced carbohydrate side dish.**

**Wash and chop broccoli into bite sized pieces. Steam for 3 to 5 minutes until tender and use in salads, pastas, curries and more.**