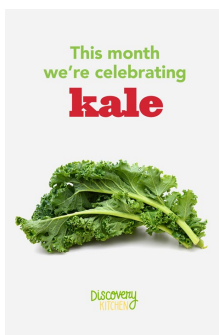


WHAT'S HAPPENING IN YOUR CAFÉ?

All of May we will be celebrating kale in all three dining rooms! Try all of the different dishes!

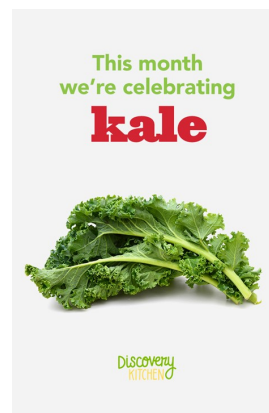


FOOD & WELLNESS



FUN FACT!

You can bake kale into kale chips for a healthy alternative to potato chips. Simply remove the leaves from the thick stems, season to your liking and bake!



DID YOU KNOW?

After a frost, kale actually becomes sweeter! Meaning you can harvest kale long after the summer season.

FEATURED RECIPE

Kale Chips featured for LS snack!

INGREDIENTS:

- 4 cups 1 to 2 inch squared kale
- 1 tbsp olive oil
- 1 tsp pepper
- 1 tsp chopped garlic
- 1 tsp kosher salt

Bake in 300 F oven until dried.

