



Lacinato Kale

Contact your local supplier to order our finest Italian specialties.



About Lacinato Kale

Available: Year Round

Also known as: Tuscan, Dinosaur, or Black Kale

Characteristics: Lacinato kale is hearty, slightly bitter, and keeps its shape and texture once cooked. It is the easiest to handle and quickest to cook thanks to its small, crinkled leaves. It can be enjoyed fresh or cooked and is the perfect addition to salads, soups, or side dishes.

Preparation Suggestions

Always rinse your produce under cool water before using. Lacinato Kale can be eaten raw by thinly slicing and adding to a spring mix salad, or dress Lacinato Kale with a Caesar dressing to make a nutritious Caesar salad. You can also add Lacinato Kale to any soup, or steam or sauté it in olive oil and garlic for a healthy side dish.

Storage/Shelf-Life

Refrigerate in a crisper or in a sealed plastic bag to ensure it lasts up to a week.

Style / Case	Case / Pallet	Case Cube	Ti	Hi	Net Weight
Lacinato Kale 12 ct	64	20 x 12 x 9"	8	8	7.5 lbs
Lacinato Kale 24 ct	54	20 x 15 x 9"	6	9	15 lbs