

## How to Freeze and Store Kale

Kale is one versatile green. So instead of tossing your extras, learn how to store kale and how to freeze kale. Just remember to give your hands a good 20 second scrubbing before diving into the steps below.



### How to Store Kale

When you're storing fresh kale, reduce excess moisture by waiting to rinse the leaves until you're ready to eat them. You can store fresh kale that hasn't been cut by wrapping the leaves in a paper towel, placing them in a plastic bag like Glad® Flex'n Seal Gallon Bags and squeezing out any extra air before sealing.

Wondering how to store kale, so it's ready to eat at a moment's notice? To start, simply cut the leaves, rinse and dry them, wrap them in paper towels and place in a plastic bag, such as a Glad® Flex'n Seal Gallon Bag.

Whether your kale leaves are in-tact or pre-cut, store them in your refrigerator's crisper for best results.



## How to Freeze Kale



### Step 1: Turn Up the Heat

When freezing kale, put a large pot of salted water on the stove at high heat and bring to a rolling boil.



### Step 2: Get Ready to Chill

Create an ice bath by pouring cold water and ice cubes into a container.



### Step 3: Boil That Baby

Remove the kale's stems and place the leaves into the boiling pot of water for one to two minutes.



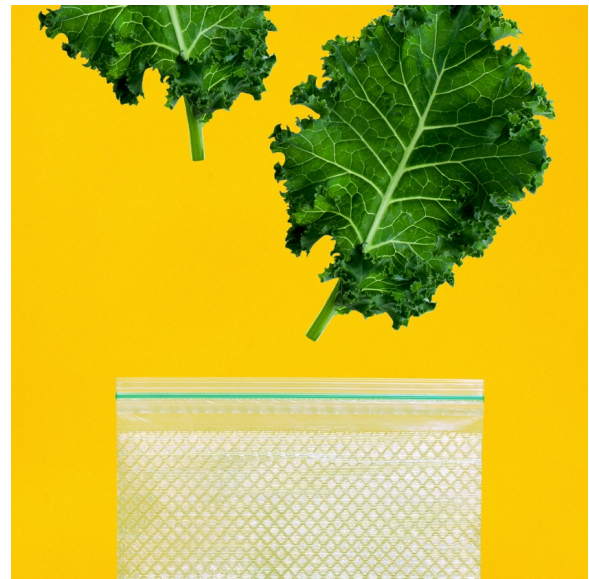
### Step 4: Give It the Polar Plunge

Drain the water out and drop the leaves into the ice bath until cool.



### Step 5: Do a Flash Freeze

Pat the leaves dry and place them flat on a baking sheet in the freezer for up to two hours.



### Step 6: Save It for Later

After they're frozen, move the leaves into a plastic bag, such as Glad® Flex'n Seal Gallon Bags, and store in the freezer. That's it! Now you know how to freeze kale.

## How to Thaw Kale

Once you know how to freeze kale, the question becomes how to thaw it. In most cases, you don't need to wait for kale to defrost. Simply toss it in your blender or pan and enjoy it in your favorite smoothie, soup or dish.

## How Long Kale Lasts

In the fridge, whole kale leaves can last up to a week. Cut kale leaves tend to last for three to five days. When you freeze kale, it can last up to a year.