



Tell your customers about this new and exciting vegetable!

What are Kalettes™?

Kalettes, the product of a marriage between Brussels sprouts and kale, are an exciting new vegetable — the first to be introduced in about two decades, since broccolini.

Are they GMO?

No.

What do they taste like?

Kalettes get their great taste by combining the best flavors from the Brussels sprouts and kale, resulting in a fresh fusion of sweet and nutty. They have a milder flavor than Brussels sprouts and are more tender than kale.

How do you eat them?

Kalettes are extremely easy to prepare and versatile. They cook faster than Brussels sprouts with less prep work than kale. You can find recipes at Kalettes.com.

- Roast Kalettes in a roasting pan or on a baking sheet, coated with olive oil in the oven at 475 F for 10 minutes.
- Sauté them in a large pan for 5-7 minutes, covering for increased tenderness.
- Grill whole Kalettes in a grill basket and place on medium heat for 10 minutes or until slightly charred.
- Leave them raw and maintain their nutty flavor by slicing Kalettes from stem to tip or slicing off the bottom for small salad leaves.

What do they look like?

Kalettes are a Brussels sprout-like plant with a tall stem and rosettes forming all the way up to a frilly-leaved top. Their leaves are purple and green.

Who made them?

Tozer Seeds, the largest family-owned vegetable seed breeding company in England, hybridized the Kalette.

What's the nutritional value of Kalettes?

The Brussels sprout and kale are both members of the cabbage family (*Brassica oleracea*), which are rich in essential nutrients like Vitamin C and Vitamin K.

