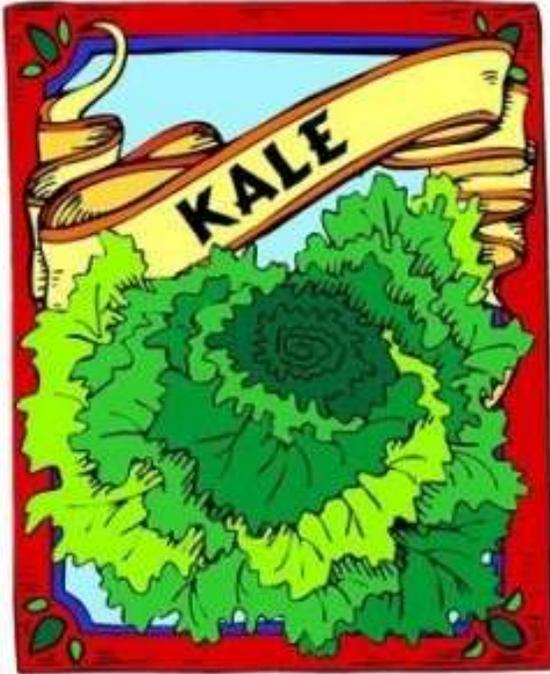


Kale, Yoga Practice & Farmers Markets

Posted on [May 2, 2012](#) by [Janet Muniz](#)



If you follow [Maya Whole Health](#) on Facebook, you may already know that one of Maya instructor **Marilee Veniegas'** favorite vegetables is kale. "Part of having a mindful yoga practice is treating your Anamaya Kosha -our physical sheath/"food body"- well," Marilee posts recently. "I love kale, there are some great benefits to adding it to your diet."

Marilee is not alone in highlighting the healthy benefits of eating kale. [Vegetarian Times](#) includes kale in its Top 10 Healing Foods, [WebMD](#) calls it a "Nutritional Powerhouse" and the ancient Greeks and Romans loved it for its anti-oxidant properties.

Kale is a low calorie, high fiber green leafy vegetable that can be eaten raw or cooked. High in iron, Vitamin A and Vitamin C (the list goes on and on) it's also a great source of Vitamin K, known to help protect against various cancers and

Alzheimer's disease.

Here's foodie mag [Bon Appetit](#)'s recipe-of-the-moment for **Kale Chips**:

Preheat an oven to 250°F. Toss 12 large Tuscan kale leaves, rinsed, dried, cut lengthwise in half, center ribs and stems removed with 1 tablespoon of olive oil in large bowl. Sprinkle with salt and pepper. Arrange leaves in single layer on 2 large baking sheets. Bake until crisp, about 30 minutes for flat leaves and up to 33 minutes for wrinkled leaves. Transfer leaves to rack to cool.

Farmers Market Fave. You can buy kale in your local supermarket ... but why not make a trip to your favorite local farmers market, since the season is upon us?

The [Issaquah Farmers Market](#) is running on Saturday mornings from 9:00 to 2:00 pm, and here's a list of start dates for other farmers markets in our area:

- [Renton Farmers Market at the Piazza](#) - Tuesday, June 5 from 3:00 pm to 7:00 pm.
- [Farmers Market at Valley Medical Center](#) - Sunday, June 10 from noon to 4 pm
- [Kent Farmers Market](#) - Saturday, June 2 from 9:00 am to 2:00 pm
- [Bellevue Farmers Markets](#) - Thursday's market opens May 10 at 3:00 pm; Saturday's market opens June 2 at 10:00 am



Check links for more details
Namaste