

MEET

THE

TEENS

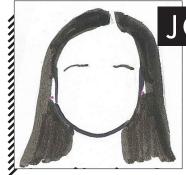


HENRY

aisle 10-11



aisle **4-5**

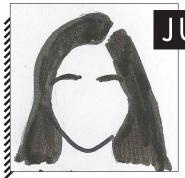


JORDAN

aisle 12-13



aisle **6-7**

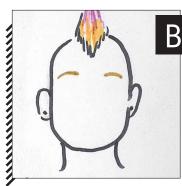


JUANITA

aisle 14-15 & COVER ART



aisle **8-9**



ВО

aisle 16-17



SOFIA

aisle 18-19



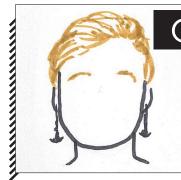
JESSICA

aisle **28-29**



GAVIN

aisle **20-21**



CAMERON

aisle 30-31



MAX

aisle **22-23**



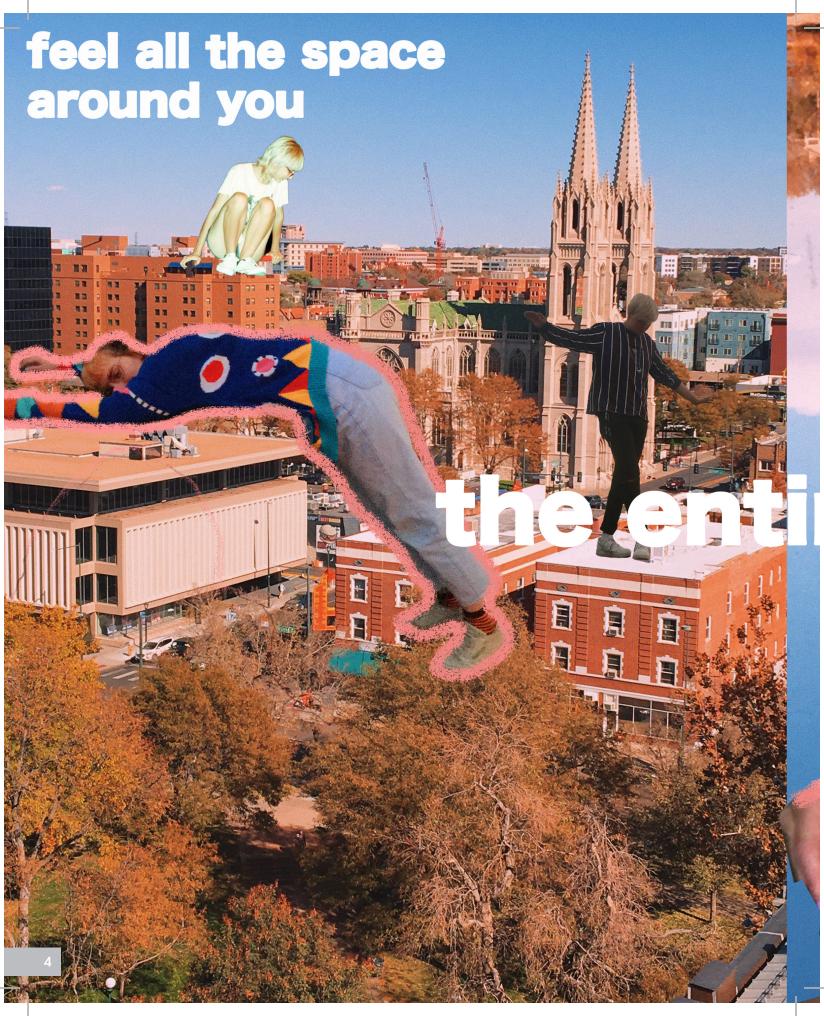
ALIE

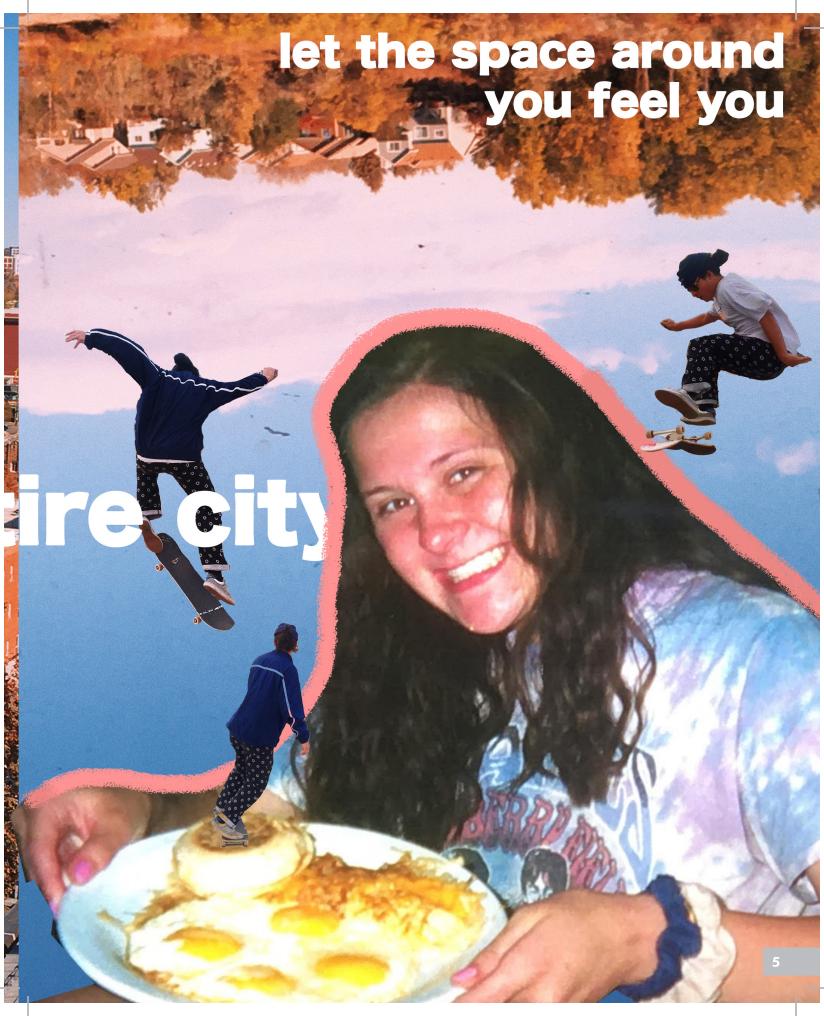
aisle **32-33** & BIO PAGE ART



aisle **24-25**

26-27







Kale (/kerl/) or leaf cabbage is one of certain cultivars of cabbage (Brassica oleracea) grown for their edible leaves, although some are used as ornamentals. Kale plants have green or purple leaves, and the central leaves do not form a head (as with headed cabbage). Kales are considered to be closer to wild cabbag than most of the many domesticated forms of Brassica oleracea.

Kale originates from Northern Middle English cale (compare Scots kail) for various cabbages. The ultimate origin is Latin caulis 'cabbage'.

Kale originated in the eastern Mediterranean and Asia Minor, where it was cultivated for food beginning by 2000 BC at the latest. Curly-leaved varieties of cabbage already existed along with flat-leaved varieties in Greece in the 4th century BC. These forms, which were referred to by the Romans as Sabellian kale are considered to be the ancestors of modern kales. The earliest record of cabbages in western Europe is of hard-heading cabbage in the 15th century. Records in 14th-century England distinguish between hard-heading cabbage and loose-leaf kale. Russian kale was introduced into Canada, and then into the United States, by Russian traders in the 19th century. USDA botanist David Fairchild is credited with introducing kale (and many other crops) to Americans, having brought it back from Croatia, although Fairchild himself disliked cabbages, including kale. At the time, kale was widely grown in Croatia mostly because it was easy to grow and inexpensive, and could desalinate soil. For most of the twentieth century, kale was primarily used in the United States for decorative purposes; it became more popular as an edible vegetable in the 1990s due to its nutritional value. During World War II, the cultivation of kale (and other vegetables) in the U.K. was encouraged by the Dig for Victory campaign. The vegetable was easy to grow and provided important nutrients missing from a diet because of rationing.

Kale is usually an annual plant grown from seed with a wide range of germination temperatures. It is hardy and thrives in wintertime, and can survive in temperatures as low as -15° Celsius. Kale can become sweeter after a heavy frost.

One may differentiate between kale varieties according to the low, intermediate, or high length of the stem, along with the variety of leaf types. The leaf colour range from light green to green, to dark green and violet-green, to violet-brown. Classification by leaf type: - Curly-leaf (Scots kale, blue curled kale) - Bumpy-leaf (black cabbage, better known by its Italian translation 'cavolo nero', and also known as Tuscan Cabbage' - Tuscan Kale, lacinato and dinosaur kale) - Plain-leaf (flat-leaf types like red Russian and white Russian kale) - Leaf and spear, or feathery-type leaf (a cross between curly- and plain-leaf) - Ornamental (less palatable and tougher leaves) Because kale can grow well into winter, one variety of rape kale is called "hungry gap" after the period in winter in traditional agriculture when little else could be harvested. An extra-tall variety is known as Jersey kale or cow cabbage. Kai-lan or Chinese kale is cultivar often used in Chinese cuisine. In Portugal, the bumpy-leaved kale is mostly called "couve galega" (Galician kale or Portuguese Cabbage). Many varieties of kale and cabbage are grown mainly for ornamental leaves that are brilliant white, red, pink, lavender, blue or violet in the interior of the rosette. The different types of ornamental kale are peacock kale, coral prince, kamone coral queen, color up kale and chidori kale. Ornamental kale is as edible as an other variety, but potentially not as palatable. Kale leaves are increasingly used as an ingredient for vegetable bouquets and wedding bouquets.

Kale, cooked, boiled, drained, without salt Nutritional value per 100 g (3.5 oz)				
Carbohydrates	5.63 g			
Sugars	1.25 g			
Dietary Fiber	2 g			
Fat	0.4 g			
Protein	1.9 g			
Vitamins	Quantity	%DV†		
Vitamin A equiv. lutein	146 µg	18 %		
zeaxanthin	4983 µg			
Thiamine (B _,)	0.053 mg	5%		
Riboflavin (B¸)	0.07 mg	6%		
Niacin (B¸)	0.5 mg	3%		
Pantothenic acid (B ₋)	0.05 mg	1%		
Vitamin B ₆	0.138 mg	11%		
Folate (B _o)	13 µg	3%		
Choline	o.4 mg	0%		
Vitamin C	41 mg	49%		
Vitamin E	o.85 mg	6%		
Vitamin K	418 µg	398%		
Minerals	Quantity	%DV†		
Calcium	72 mg	7%		
Iron	0.9 mg	7%		
Magnesium	18 mg	5%		
Manganese	0.416 mg	20%		
Phosphorus	28 mg	4%		
Potassium	228 mg	5%		
Selenium	0.9 µg	1%		
Sodium	23 mg	2%		
Zinc	0.24 mg	3%		
Other Constituents	Quantity			
Water	91.2 g			

Energy 207 kJ (49 kcal) Carbohydrates 8.8 g Sugars 2.3 g Dietary Fiber 3.6 g Fat 0.9 g Protein 4.3 g Vitamins Quantity %DV Vitamin A equiv. lutein zeaxanthin 6261 µg 30 % Thiamine (B ₃) 0.11 mg 10% Riboflavin (B ₂) 0.13 mg 11% Niacin (B ₂) 1.0 mg 7% Pantothenic acid (B ₂) 0.9 mg 18% Vitamin B ₆ 0.27 mg 21% Folate (B ₂) 141 µg 35% Choline 0.8 mg 0% Vitamin C 120 mg 145% Vitamin K 390 µg 371% Minerals Quantity %DV Calcium 150 mg 15% Iron 1.5 mg 12% Manganese 0.66 mg 31% Phosphorus 92 mg 13% Photassium 491 mg 10%	Kale, raw			
Carbohydrates 8.8 g Sugars 2.3 g Dietary Fiber 3.6 g Fat 0.9 g Protein 4.3 g Vitamins Quantity %DV Vitamin A equiv. lutein zeaxanthin 241 µg 30 % Zeaxanthin 6261 µg 10 % Riboflavin (B₂) 0.11 mg 10 % Riboflavin (B₂) 1.0 mg 7% Pantothenic acid (B₂) 0.9 mg 18% Vitamin B₂ 0.27 mg 21% Folate (B₂) 141 µg 35% Choline 0.8 mg 0% Vitamin C 120 mg 145% Vitamin E 1.54 mg 10% Vitamin K 390 µg 371% Minerals Quantity %DV Calcium 150 mg 15% Iron 1.5 mg 12% Manganese 0.66 mg 31% Phosphorus 92 mg 13% Potassium 491 mg 10%	Nutritional value per 100 g (3.5 oz)			
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Calcium 150 mg 15% Iron 1.5 mg 12% Magnesium 47 mg 13% Manganese 0.66 mg 31% Phosphorus 92 mg 13% Potassium 491 mg 10% Selenium 0.9 µg 1% Sodium 38 mg 3% Zinc 0.6 mg 6%	Minerals	Quantity	%DV†	
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Magnesium 47 mg 13% Manganese 0.66 mg 31% Phosphorus 92 mg 13% Potassium 491 mg 10% Selenium 0.9 µg 1% Sodium 38 mg 3% Zinc 0.6 mg 6%	Iron	1.5 mg	12%	
Manganese 0.66 mg 31% Phosphorus 92 mg 13% Potassium 491 mg 10% Selenium 0.9 µg 1% Sodium 38 mg 3% Zinc 0.6 mg 6%	Magnesium	47 mg	13%	
Potassium 491 mg 10% Selenium 0.9 µg 1% Sodium 38 mg 3% Zinc 0.6 mg 6%	Manganese	o.66 mg	31%	
Potassium 491 mg 10% Selenium 0.9 µg 1% Sodium 38 mg 3% Zinc 0.6 mg 6%	Phosphorus	92 mg	13%	
Selenium 0.9 µg 1% Sodium 38 mg 3% Zinc 0.6 mg 6%	Potassium	491 mg	10%	
Zinc o.6 mg 6%	Selenium	0.9 µg	1%	
Zinc o.6 mg 6%			3%	
	Zinc	o.6 mg	6%	
	Other Constituents	Quantity		
Water 84.0 g	Water			

Raw kale is composed of 84% water, 9% carbohydrates, 4% protein, and 1% fat (table). In a 100 gram serving, raw kale provides 49 calories and a large amount of vitamin K at 3.7 times the Daily Value (DV) (table). It is a rich source (20% or more of the DV) of vitamin A, vitamin C, vitamin B6, folate, and manganese (see table "Kale, raw"). Kale is a good source (10-19% DV) of thiamin, riboflavin, pantothenic acid, vitamin E and several dietary minerals, including iron, calcium, potassium, and phosphorus (see table "Kale, raw"). Boiling raw kale diminishes most of these nutrients, while values for vitamins A, C, and K, and manganese remain substantial (see table "Kale, cooked"). Kale is a source of the carotenoids, lutein and zeaxanthin (tables). As with broccoli and other cruciferous vegetables, kale contains glucosinolate compounds, such as glucoraphanin, which contributes to the formation of sulforaphane, a compound under preliminary research for its potential to affect human health. Boiling kale decreases the level of glucosinate compounds, whereas steaming, microwaving or stir frying does not cause significant loss. Kale is high in oxalic acid, the levels of which can be reduced by cooking. Kale contains high levels of polyphenols, such as ferulic acid, with levels varying due to environmental and genetic factors.

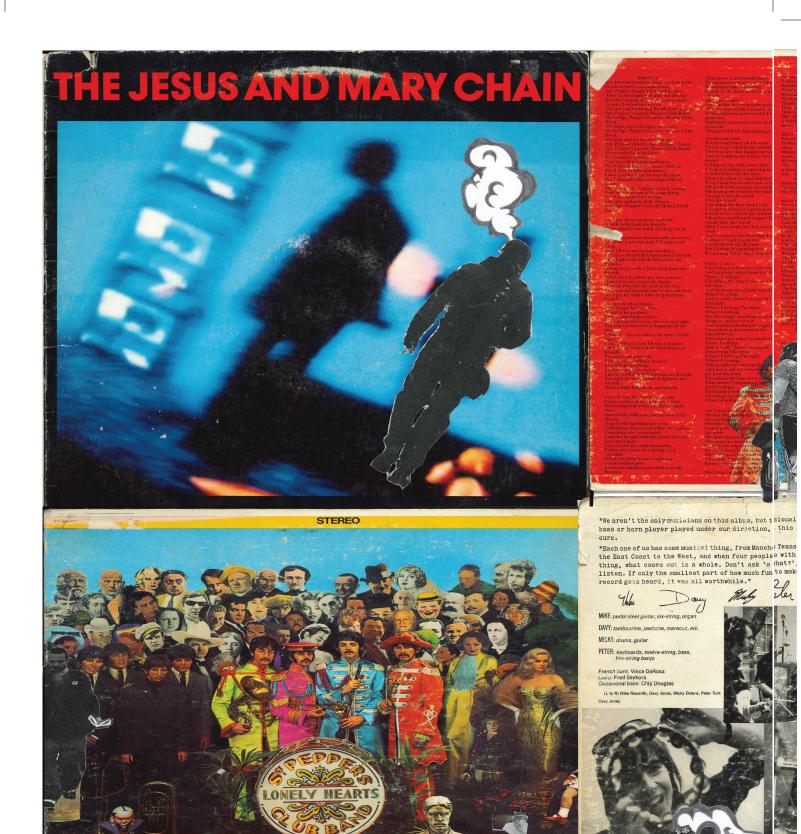
Flavored "kale chips" have been produced as a potato chip substitute. In the Netherlands, a traditional winter dish called "boerenkoolstamppot" is a mix of curly kale and mashed potatoes, sometimes with fried bacon, and served with rookworst ("smoked sausage"). In Italy, cavolo nero kale is an ingredient of the Tuscan soup ribollita. A traditional Portuguese soup, caldo verde, combines pureed potatoes, diced kale, olive oil and salt. Additional

ingredients can include broth and sliced, cooked spicy sausage. In Scotland, kale provided such a base for a traditional diet that the word in some Scots dialect is synonymous with food. To be "off one's kail" is to feel too ill to eat. In Ireland, kale is mixed with mashed potatoes to make the traditional dish colcannon. It is popular on Halloween, when it may be served with sausages.

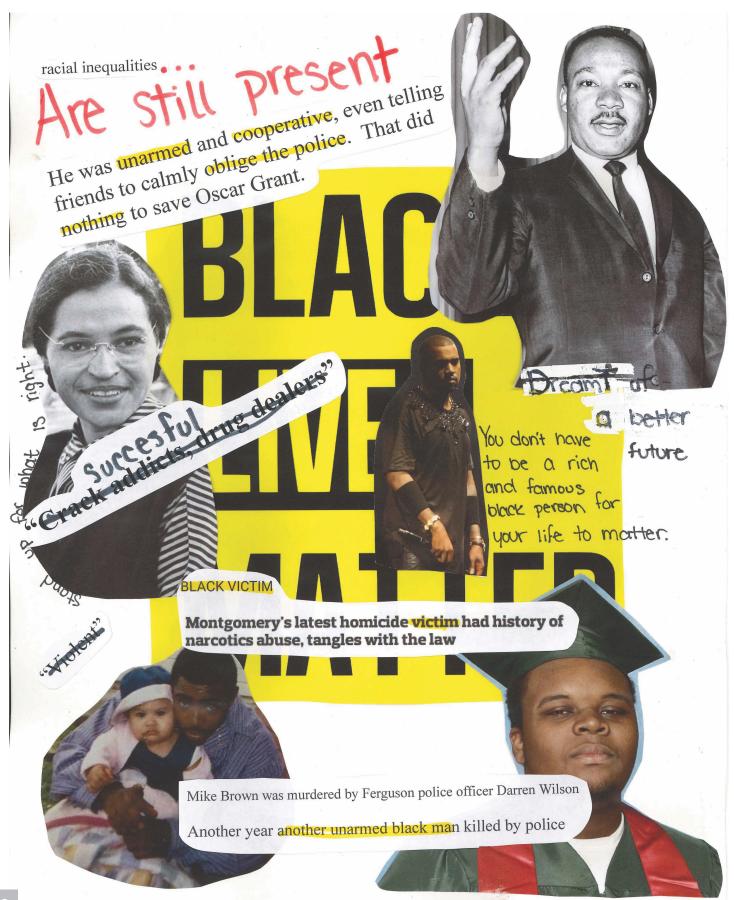
The Kailyard school of Scottish writers, which included J. M. Barrie (creator of Peter Pan), consisted of authors who wrote about traditional rural Scottish lift (kailyard = 'kale field'). In Cuthbertson's book Autumn in Kyle and the charm of Cunninghame, he states that Kilmaurs in East Ayrshire was famous for its kale, which was an important foodstuff. A story is told in which a neighbouring village offered to pay a generous price for some kale seeds, an offer too good to turn down. The locals agreed, but a gentle roasting on a shovel over a coal fire ensured that the seeds never germinated.

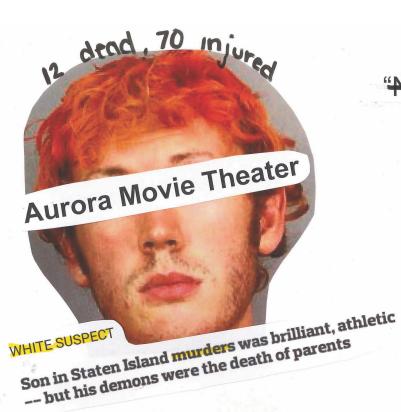




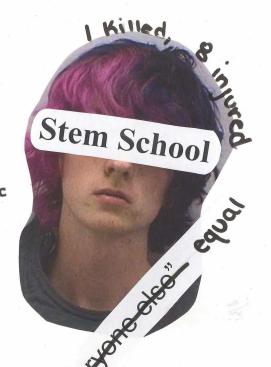








"Non-Violent" Killers



13 dead 24 injured

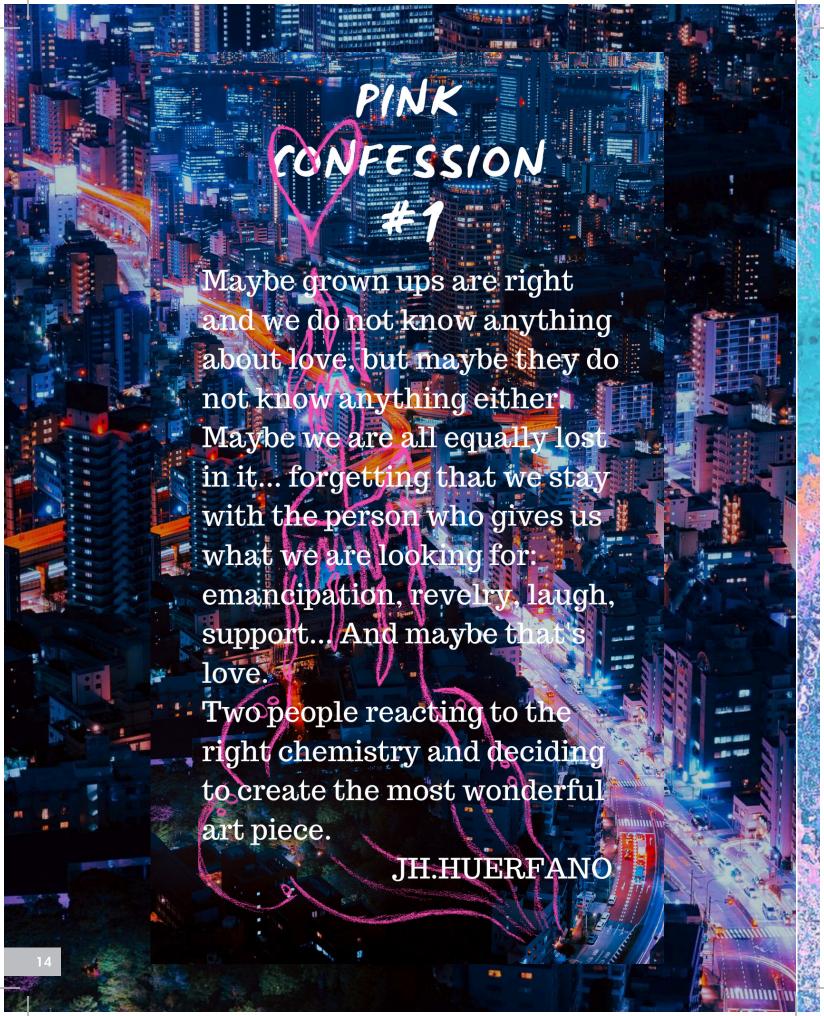
Columbine High school



When The Media Treats White Suspects And Killers Better Than Black Victims

Perception Matters, Words Matter.







Not so pink confession # 2

Be ready
puppeteer, you'll
fullfil my
expectations.
Anymore I'll be the
perfect son or
daughter, neither
the rebel boy or

I'm scared of decide who I am, what I want, and what I'll do the rest of my life right now, that's why I choose to be the one moving the threads.

JH.HUERFANO





DAYDREAMING AU'S

Sofia Mandujano-Morreo

A collection of staged photographs capturing different lives I daydream of living.

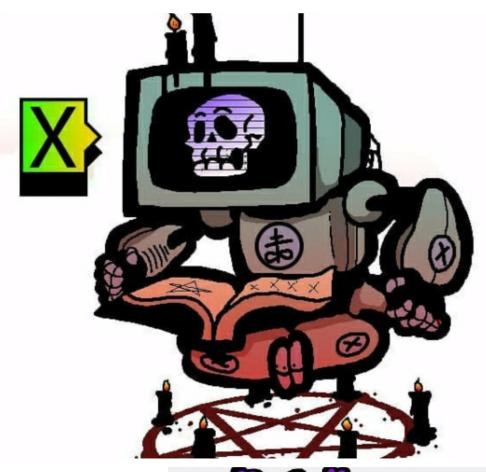






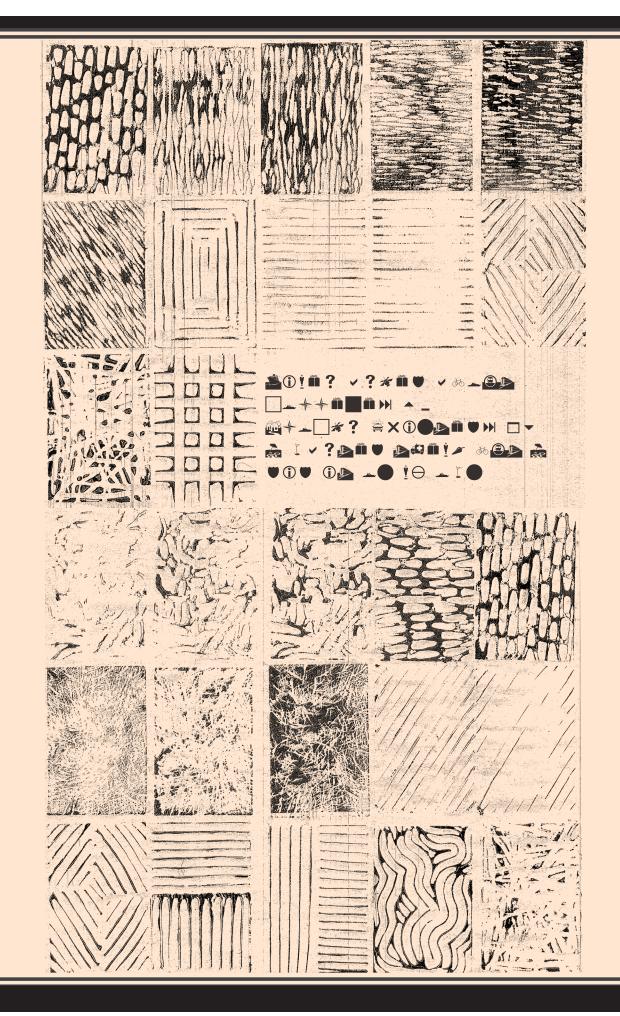


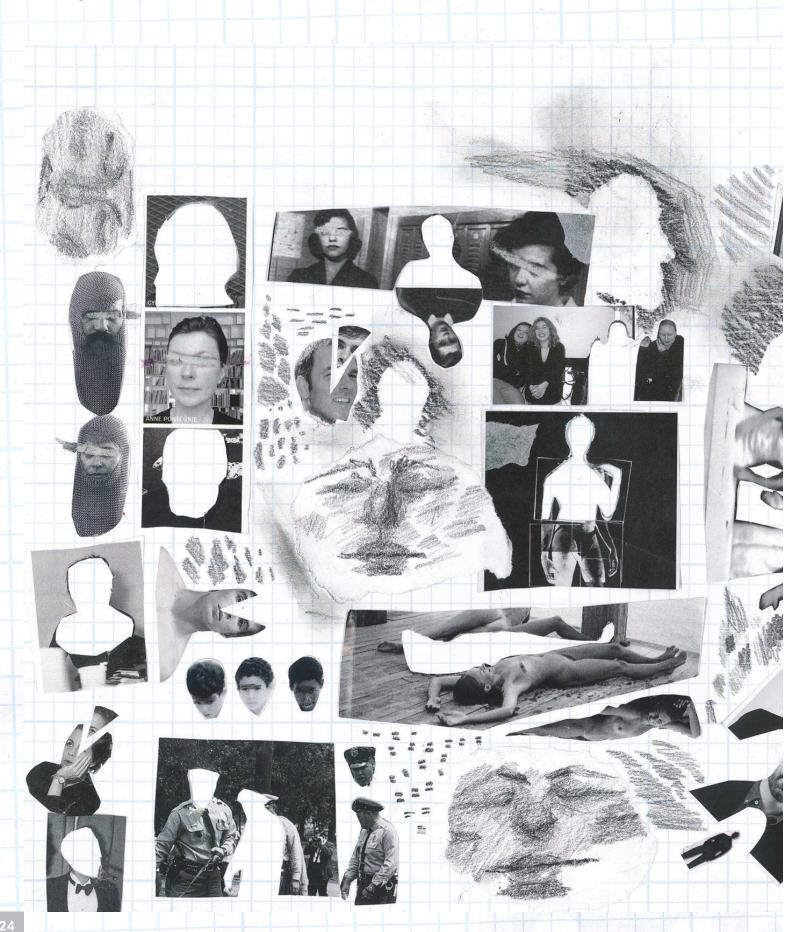






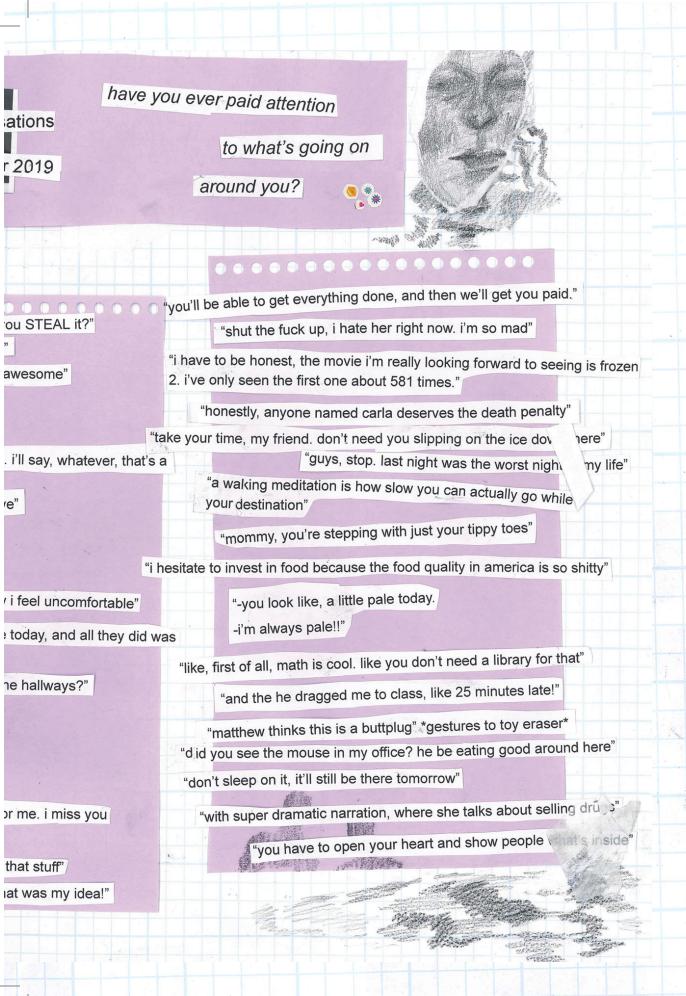














"there's this guy I never got a to go on a date and I never got to kiss his in the state of the college?"



'I got situations in my life that evryday has become a blessi



"... because of drugs, ...getting caught up in al



"I dont say what im feeling"

"didn't take school seriously"



"To and Fro" 1971-2019 A collection of memories symbols of life ... Nostalgia a place to remember BRINGING IT A BACK HOME







"He has a different system now, slightly more civilized," Shepard Fairey says.









WILLIAM!

But that desire to be king of the concrete jungle is still in him."

TATALL



The discovery of beau acceptance of the cyc

[wäbe säbe] TICKET MUST BE VALIDATED. VALIDATED DING TRAIN. auty in imperfection; the ycle of life and death.

Aisle Pile is the fifth volume of a collaborative zine created by teens in MCA Denver's Point of View, aka POV. Over the course of a semester teens from across the Denver area come together weekly at the museum to connect with each other through contemporary art and ideas. These connections at MCA Denver spark conversations, revelations, and inspire the collaborative zine.

To learn more about POV, Museum of Contemporary Art Denver's teen programs and events, or to read previous issues, visit mcadenver.org/teens or follow @mcadenverteens.

And remember, MCA Denver is FREE for everyone 18 and under, ALWAYS.



