Aisle Pile
MEET THE TEENS

JOCELYN aisle 4-5

HENRY aisle 10-11

JORDAN aisle 12-13

ANJALI aisle 6-7

JUANITA aisle 14-15 & COVER ART

MADISON aisle 8-9

BO aisle 16-17
HENRY
aisle 10-11

JORDAN
aisle 12-13

JUANITA
aisle 14-15

& COVER ART

BO
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

ROSE
aisle 24-25
26-27
feel all the space around you
let the space around you feel you
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 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.

Kale is high in oxalic acid, the levels of which can be reduced by cooking. Kale contains high levels of sulforaphane, a compound under preliminary research for providing 49 calories and a large amount of vitamin K at 3.7 times the Daily Value (DV) (table). It is a rich source (20% DV) of vitamin A, a good source (10–19% DV) of thiamin, riboflavin, vitamin B6 and folate, and a source (4–9% DV) of magnesium, copper, manganese, potassium and vitamin E. Kale is an excellent source (≥20% DV) of vitamin K, vitamin C, vitamin A, vitamin B2, vitamin B6, potassium, manganese and copper.

Kale is a source of the carotenoids, lutein and zeaxanthin, and provides 49% of the recommended daily intake (RDI) of vitamin K. Other constituents in kale include glucosinolates, quercetin, kaempferol, cyanidin, rutin and p-coumaric acid.

Kale is also a good source (≥10% RD) of: choline, potassium, vitamin A, magnesium, manganese, iron and calcium. Raw kale is composed of 84% water, 9% carbohydrates, 4% protein, 5% fat and 3% dietary fiber. Kale is a high-density vitamin K2 source and contains 1.5% of the RDI of vitamin K2.

Kale is a good source of vitamins A and K, potassium, copper, manganese, iron, calcium, magnesium, folate and quercetin. Kale is also a source of lutein, zeaxanthin, choline, vitamin B2, vitamin B6, potassium, manganese and copper. Kale is a good source of vitamin C, vitamin A, magnesium, manganese and iron. Kale is a high-density vitamin K2 source and contains 1.5% of the RDI of vitamin K2.

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Kale (cabbage) is one of the most cultivated cabbages (Brassica oleracea) grown for its 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 cabbage 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-leafed 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 13th 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 can be 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°C. 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 ‘asian cabbage’ - Tuscan kale, lacinato and dinosaur kale) - Plain-leaf (flat-leaf types like red Russian and white Russian kale) - Leaf and spear, or leafy-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 “hangry 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. Kale-lan or Chinese kale is a cultivar often used in Chinese cuisine. In Portugal, the bumpy-leafed 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, hanme coral queen, color up kale and chidlor kale. Ornamental kale is as edible as an ordinary kale, but leaves are not very palatable. Kale leaves are increasingly used as an ingredient for vegetable bouquets and wedding bouquets.

Kale (/keɪl/) is a nutrient dense superfood and is a good source of vitamins A, C, and K, and minerals like calcium and potassium. It is also a rich source of other nutrients such as vitamins B6, B12, and B5, iron, and copper. 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 oxalate, 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 life (kailyard = ‘kale field’). In Cuthbertson’s book Autumn in Kyle and the charm of Cunningham, he states that Kiljounis in East Ayrsire 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.

### Nutritional value per 100 g (3.5 oz)

**Kale, raw**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Quantity</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (equiv. lutein zeaxanthin)</td>
<td>141 μg</td>
<td>30%</td>
</tr>
<tr>
<td>Thiamine (B1)</td>
<td>0.11 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Riboflavin (B2)</td>
<td>0.13 mg</td>
<td>11%</td>
</tr>
<tr>
<td>Niacin (B3)</td>
<td>1.0 mg</td>
<td>7%</td>
</tr>
<tr>
<td>Pantothenic acid (B5)</td>
<td>0.7 mg</td>
<td>7%</td>
</tr>
<tr>
<td>Folate (B9)</td>
<td>1.12 mg</td>
<td>22%</td>
</tr>
<tr>
<td>Choline</td>
<td>0.4 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>12 mg</td>
<td>15%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>1.54 mg</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>390 μg</td>
<td>371%</td>
</tr>
</tbody>
</table>

**Kale, cooked, boiled, drained, without salt**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Quantity</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>1.9 g</td>
<td>1%</td>
</tr>
<tr>
<td>Vitamin A (equiv. lutein zeaxanthin)</td>
<td>41 μg</td>
<td>9%</td>
</tr>
<tr>
<td>Thiamine (B1)</td>
<td>0.03 mg</td>
<td>0.03%</td>
</tr>
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<td>Riboflavin (B2)</td>
<td>0.07 mg</td>
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<td>Folate (B9)</td>
<td>0.32 mg</td>
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</tr>
<tr>
<td>Choline</td>
<td>0.24 mg</td>
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</tr>
<tr>
<td>Vitamin C</td>
<td>0.39 mg</td>
<td>0.39%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0.95 mg</td>
<td>0.95%</td>
</tr>
<tr>
<td>Water</td>
<td>84.1 g</td>
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<tr>
<td>Energy</td>
<td>207 kcal</td>
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</tr>
<tr>
<td>Carbohydrates</td>
<td>8.8 g</td>
<td>1%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2.3 g</td>
<td>1%</td>
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<tr>
<td>Dietary Fiber</td>
<td>1.5 g</td>
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GOVERNMENT WARNING:
CIGARETTES ARE ADDICTIVE
racial inequalities

Are still present

He was **unarmed** and **cooperative**, even telling friends to calmly **oblige** the police. That did **nothing** to save Oscar Grant.

**Dream of a better future**

You don't have to be a rich and famous black person for your life to matter.

Montgomery's latest homicide **victim** had history of narcotics abuse, tangles with the law

**Black victim**

Mike Brown was murdered by Ferguson police officer Darren Wilson

Another year another **unarmed black man** killed by police
12 dead, 70 injured
Aurora Movie Theater

“Non-Violent” Killers

Son in Staten Island murders was brilliant, athletic -- but his demons were the death of parents

15 dead, 24 injured
Columbine High School

Higher than everyone else

17 dead, 17 injured
Parkland

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

Perception Matters, Words Matter.
PINK
CONFESSION
#1

Maybe grown ups are right and we do not know anything about love, but maybe they do not know anything either. Maybe we are all equally lost in it... forgetting that we stay with the person who gives us what we are looking for: emancipation, revelry, laugh, support... And maybe that's love. Two people reacting to the right chemistry and deciding to create the most wonderful art piece.

JH.HUERFANO
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 girl.
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.

Miami HairDresser
"how much did it cost? 20 dollars? more? did you STE
"put your pubic hair back on your bald head"
"tell your mom i said hello, i love her, she's awesom
"-have you ever SEEN an ocelot?
-it doesn't sound like a real animal"
"if i see someone wearing a cute lingerie top... i'll say, cute top, i don't care"
"ok, we're gonna go get cheese now. goodbye"
"-i think they're planting those flowers!
i think they are"
"i've been comfortable for all my life, and now i feel u
"i got all ready to go the dmv for my id picture today, tell me to scowl!"
"do you even go to class or do you just walk the hallw
"his name is sea biscuit"
"so it's not like a play on victoria's secret?"
"shut up!! shut up!! no way"
"-alright, well give little g a slap on the butt for me. i
-i miss you dad!"
"i bet you 20 dollars she's not gonna buy all that stu
"you wanna be an aerospace engineer? that was
have you ever paid attention

to what's going on

around you?

you'll be able to get everything done, and then we'll get you paid.

"shut the fuck up, i hate her right now. i'm so mad"

"i have to be honest, the movie i'm really looking forward to seeing is frozen
2. i've only seen the first one about 581 times."

"honestly, anyone named carla deserves the death penalty"

"take your time, my friend. don't need you slipping on the ice down there"

"guys, stop. last night was the worst night of my life"

"a waking meditation is how slow you can actually go while
your destination"

"mommy, you're stepping with just your tippy toes"

"i hesitate to invest in food because the food quality in america is so shitty"

"-you look like, a little pale today. -i'm always pale!!"

"like, first of all, math is cool. like you don't need a library for that"

"and the he dragged me to class, like 25 minutes late!"

"matthew thinks this is a buttplug" *gestures to toy eraser*

"did you see the mouse in my office? he be eating good around here"

"don't sleep on it, it'll still be there tomorrow"

"with super dramatic narration, where she talks about selling drugs"

"you have to open your heart and show people what's inside"
WHAT's YOUR BIGGEST REGRET IN LIFE?

"there's this guy I never got a to go on a date and I never got to kiss him"

"I didn't pursue college"

"I think Regret is a wasted emotion"

"I let fear hold me back"

'I got situations in my life that everyday has become a blessing'

"... because of drugs, ...getting caught up in all..."
“I really don't live with regrets”

“I don’t say what I’m feeling”

“didn’t take school seriously”

“mess him”

“on”

“messing for me”

“in all that mess”
"To and Fro"
1971-2019
A collection of memories & symbols of life...

Nostalgia

a place to remember

BRINGING IT ALL BACK HOME
“He has a different system now, slightly more civilized,” Shepard Fairey says.

“But that desire to be king of the concrete jungle is still in him.”
The discovery of beauty and acceptance of the cycle.
bi-šabi
[wäbē säbē]

Beauty in imperfection; the cycle 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.