

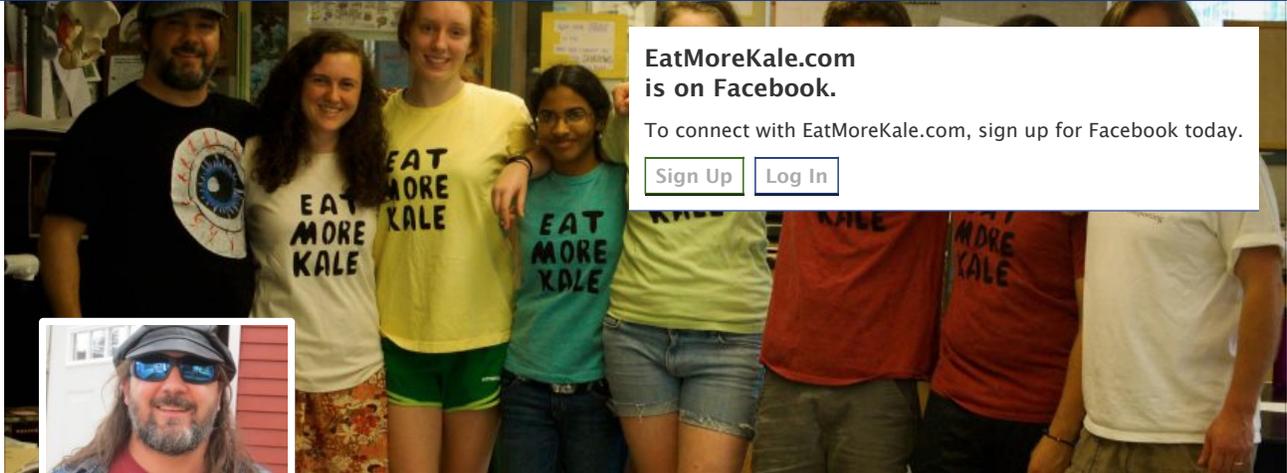
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**EatMoreKale.com**

11,188 likes · 1,084 talking about this

Like

Clothing

Vermont's One-At-A-Time, Original Design, Hand-Printed T-Shirts: A t-shirt movement. EAT MORE KALE is my most popular design. It makes people smile, think, tell stories, and ask questions. I have a hoot everyday.

[About](#)

[Photos](#)

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11,188

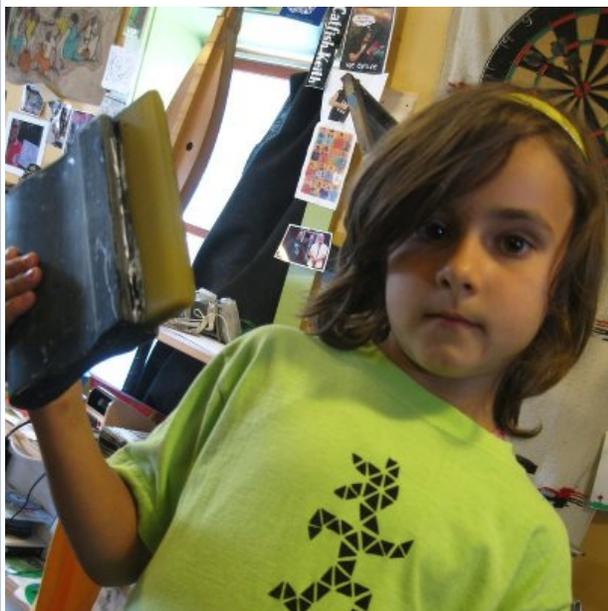
Highlights



**EatMoreKale.com**

17 hours ago

Shirt of the week. Limited edition. Eatmorekale.com. Designed by my sporty Wife. Get it before Sunday..cause then it'll be gone.



Like · Comment · Share

Sue Stroud-Speyers, Jenny McCarthy O'Connor, Barbara Rogers and 15 others like this.

[EatMoreKale.com](#) <http://eatmorekale.com/>

Also On

<http://www.eatmorekale.com>

Recent Posts by Others on EatMoreKale.com

[See All](#)



**Brilliance Nutrition**

Keep up the proliferation of the green leaf revolution ...  
2 hours ago



**Marty Knott Snow**

I was reading up on Aztec food in the NYTimes tod...  
1 · Yesterday at 10:55am



**Nancy Taylor**

Have you seen this commercial? Pretty ridiculous. T...  
1 · Monday at 6:17am



**Patricia Glawe**

Support you all the way! I have family members involv...  
1 · Sunday at 10:34pm



**Natalie Aubin**

spotted at Mt. Tom Massachusetts last Sunday  
1 · Sunday at 5:57pm

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Likes

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**Radio Bean Coffeehouse**

Arts & Entertainment · International Restaurant · International Restaurant

Like



**Two Guys in Vermont**

Food/Beverages

Like



**Eat More Kale**  
www.eatmorekale.com

Vermont's one-at-a-time original design shirts, hand-printed by the eat more kale guy, Bo Muller-Moore.

17 hours ago



**Monika Reis** Tell your sporty Wife I love the design. And the color Rocks.  
16 hours ago



**EatMoreKale.com** shared a link.  
Monday

You can sign this petition if you'd like..you could encourage your friend to as well. (36,000 folks have so far.)

Here's what some folks have written within the past days:  
\* This is just bullying, the only way they should have a case is ...[See More](#)



**Chick-fil-A: Stop Bullying Small Business Owners**  
www.change.org

Vermont's EAT MORE KALE is a small, eco-friendly t-shirt business with a mission to promote sustainable food

[Like](#) · [Comment](#) · [Share](#)

19

[Ed White](#), [John Judge](#), [Mercy Sheehan](#) and 16 others like this.



**Kristin Troska** signed! Eat More Kale!  
Yesterday at 4:53am



**Ed White** I understand CFA does not want other companies selling food to benefit from their message. If another restaurant uses cows to push non-beef products, or chickens to push eating be... [See More](#)  
3 hours ago via mobile



**EatMoreKale.com** shared a link.  
Monday

Buffy Mellett Miller wins a free EAT MORE KALE t-shirt. Her name was drawn from those who guessed correctly. True,,I have listened to THE WINGS more than I have THE BEATLES ( my DAD loved em in the 70's and played them non-stop, therefo...[See More](#)



**The Wings.**  
www.etmusiquepourtous.com

[Like](#) · [Comment](#) · [Share](#)

[Buffy Mellett Miller](#), [Joanne Starkey](#), [Ed Keyes](#) and 4 others like this.



**Kelly Lynn** Yea Buffy Mellett Miller!  
Monday at 3:37pm



**Andrew Weill** Yeah Buffy !!  
Monday at 3:39pm via mobile



**Buffy Mellett Miller** How exciting!!! YEA for EAT MORE KALE!!!  
Yesterday at 5:47am



**EatMoreKale.com**  
Monday



**Gabriel Glass**  
Small Business

[Like](#)



**Michael Franti and Spearhead**  
Musician/Band

[Like](#)



**The Book Garden**  
Local Business

[Like](#)



**EatMoreKale.com**  
20 hours ago

Nikole Goodrich Kearsley wins a free EAT MORE KALE t-shirt. Her name was drawn from those of you who guessed correctly. True I did win a trophy or two as a kiddo at the Pinewood Derby. False I never raced a soap box derby car, so i never won a trophy for it. True, I do wear a derby hat from time to time. Thanks for the fun. Let's hear it for Nikole.

[Like](#) · [Comment](#) · [Share](#)

[Kristie Jones White](#), [Teal Karma Church](#), [Amelia AmyKwas D](#) and 17 others like this.



**Kathy Mitchell** YAY....Nikole!!  
20 hours ago



**Darlene Goodrich** woohooo! Now both of my daughters have won. It's my turn to come up with the right answers and win. LOL  
20 hours ago · 2



**Nikole Goodrich Kearsley** Woohooooooo!!! Thanks so much!! :D  
20 hours ago · 1



**EatMoreKale.com** shared a link.  
Monday

Contest Time: Get all 3 correct to be in the drawing for a Free EAT MORE KALE t-shirt. Drawing 3pm EST. TUES. As a kiddo, in the 80's I won a trophy or two in the Boy Scouts PINE WOOD DERBY. True or False? As a kiddo, in the 80's I won a trophy or two in the local SOAP BOX DERBY. True or False? As an adult, when I go out on the town..I sometime wear a DERBY Hat. True or False? Lay it on me.



**DERBY.**  
upload.wikimedia.org

[Like](#) · [Comment](#) · [Share](#)

[Kristie Jones White](#), [Mickie McClain](#) and 2 others like this.

[View all 80 comments](#)



**EatMoreKale.com** shared a link.  
Monday

Contest Time: Drawing 3pm Monday EST. Free EAT MORE KALE t-shirt to the winner. I've spent more time listening to THE WINGS than THE BEATLES. True or False? When I was a teenager in the 80's I wanted a late 60's Convertible VW Beetle more than ANY other for my First Car. True or False? While traveling, in my 20's, I once found, in my sleeping bag, a STAG-BEETLE. True or false? Lay it on me.

Soccer..Futbol..whatever you call it....it's the Shirt of the week. MY WIFE DESIGNED THIS! You can get it at eatmorekale.com 'tween now and this time next Sunday. Do you play or know someone who does? Limited Edition. Dig?



Like · Comment · Share

Karl Isselhardt, Monika Reis, Melissa Bysko Elliott and 23 others like this.



**EatMoreKale.com** <http://eatmorekale.com/>



**Eat More Kale**  
[www.eatmorekale.com](http://www.eatmorekale.com)  
Vermont's one-at-a-time original design shirts, hand-printed by the eat more kale guy, Bo Muller-Moore.

Monday at 6:10am



**Tina Rojee** Love it will be ordering tonight when I get home from work, is it available in kids sizes as well?  
Monday at 6:14am



**EatMoreKale.com**  
Sunday

Last few hours to get your MUSIC HEAD shirt of the week. Go to eatmorekale.com before dinner to get yours. New design coming tonight.



wanted big time/  
[www.seriouswheels.com](http://www.seriouswheels.com)

Like · Comment · Share

Cheryl Brown McNeill, Joanne Starkey and Mike John Giamalva like this.

[View all 31 comments](#)



**EatMoreKale.com** shared a link.  
Sunday

Contest Time: Drawing 3pm Monday EST. Free EAT MORE KALE t-shirt to the winner. I've spent more time listening to THE WINGS than THE BEATLES. True or False? When I was a teenager in the 80's I wanted a late 60's Convertible VW Beetle more than ANY other for my First Car. True or False? While traveling, in my 20's, I once found, in my sleeping bag, a STAG-BEETLE. True or false? Lay it on me.



Beetle in my Bag.  
[exoticpetsforsale.us](http://exoticpetsforsale.us)

Like · Comment · Share

Angela Mcwhorter, Kerry Fletcher, Erin DaSmith and 4 others like this.

[View all 95 comments](#)



**EatMoreKale.com**  
Sunday

Soccer..Futbol..whatever you call it....it's the Shirt of the week. MY WIFE DESIGNED THIS! You can get it at eatmorekale.com 'tween now and this time next Sunday. Do you play or know someone who does? Limited Edition. Dig?



Like · Comment · Share



Like · Comment · Share

Leena Carney-Lievaart, Susan Nugent, Mike John Giamalva and 12 others like this.



**Chili Pepper** Looking forward to seeing what the next shirt of the week design is?  
Sunday at 1:48pm



**EatMoreKale.com**  
September 22

Lynn Muscat wins a free Eat More Kale t-shirt. Her name was drawn from the few correct guesses. I Did have a poster of Madonna on my wall, in the 80's. I Did Not have a poster of Nirvana on my wall in my 20's although I DID listen to them more than I even did Madonna. Dig? Congrats Lynn. Contact me, Bo@eatmorekale.com with your size and address. Let's hear it for Lynn Muscat!. More contest to come.

Like · Comment · Share

Joy Morse Seadeek, Susan Nugent, Jennifer Crispin and 14 others like this.



**EatMoreKale.com** shared Natasha Deleon's photo.  
September 22

Natasha is a Bad Ass..just so you Know. Warrior Dash from Tennessee.

From Warrior Dash Tennessee! You Rock!

Elizabeth Ward Ostapchuk, Ciara Zabolotney, Lindsey Elizabeth Katerberg and 30 others like this.

View all 4 comments



**MeGo Tablespoon** Talented family!  
Sunday at 6:40pm



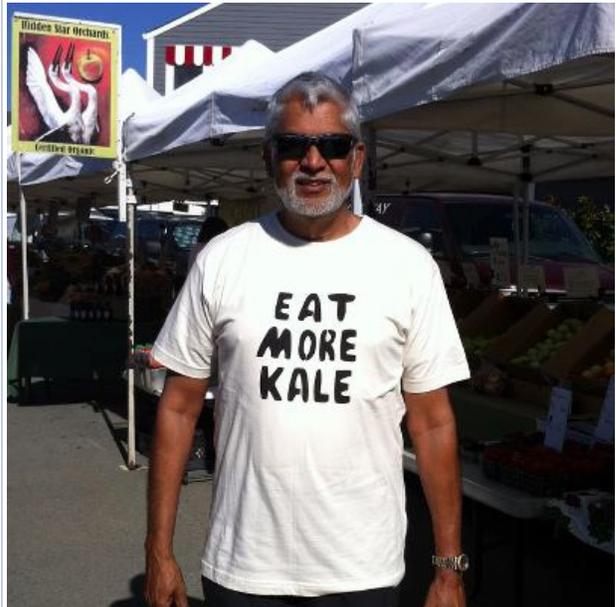
**Terry Paquette** YES!!!  
Sunday at 6:55pm



**EatMoreKale.com** shared Slim Chandra-Shekar's photo.  
September 22

Mr. Slim is walkin' the walk and talkin' the talk. ( I think I see some kale in his re-usable bag) Good for all of us. ;)

At the Farmer's Market today at Larkspur Landing, CA. Posted on my FB page too with a plug for you, Bo!



Like · Comment · Share

Elizabeth Ward Ostapchuk, Martha Nichols, Elizabeth Charbonneau and 32 others like this.



**EatMoreKale.com** shared a link.  
September 21

Contest Time: Get all 3 correct to be in the drawing. Drawing 3pmEST. Sat.. I had a poster of Madonna on my wall when I was a teenager. True or False? I had a poster of Nirvana on my wall when I was in my twenties. True or False? I've listened to more Nirvana than Madonna. True or False? Lay it on me.



**On my Wall?**  
audiophileparadise.files.wordpress.com

Like · Comment · Share

Amy Lynn Celis, Susan Nugent, Jin Rebecca Prejean and 3 others like this.

View all 136 comments



Like · Comment · Share 1

Linda Huebner, David Bausch, Patricia Greer and 63 others like this.

View all 4 comments



**Heather Fucinari** Anaheim, CA  
September 22 at 6:39pm via mobile · 1



**Jeanmarie Todd** Kale is great but not as great as bacon. In fact, kale and bacon go very well together.  
September 22 at 8:36pm



**EatMoreKale.com** shared James Moore's photo.  
September 21

My cousin James at Machu Picchu. He's quite High I'm sure. ;)



Like · Comment · Share

Suzanne Blum-Young, Susan Nugent, Kristel Hayes and 35 others like this.



**Rene Woods Bechard** Gotta lay off that kale man...  
September 21 at 11:36am



**Melanie Patterson** one of my goals to hike that..  
September 21 at 3:08pm



**EatMoreKale.com**  
September 21

Central Vermont Folk: I'm going to set up a "guerrilla" booth across from the Montpelier Farmer's Market(next to Julio's. 100's of \$3, \$4 and \$5 shirts for sale. They'll be in a big ol pile....so get ready to dig for a bargain or two or three. ;) 8am-1pm. see ya.

Like · Comment · Share

Linda Huebner, Jo Hammond, Catherine Roth and 33 others like this.

View all 11 comments



**Su Red** I remember that area!!!  
September 21 at 8:21pm via mobile



**Becky McNair Benton** Would like to see you at the Common Ground Fair in Maine this weekend!  
September 21 at 8:47pm · 1



**EatMoreKale.com** shared a link.  
September 21

Just a friendly reminder: I'll be live on the air with the BEEJ at 10 amEST. 9am CST. You can listen online if you are not in Indiana, If you are in Indiana listen at Q 102. Hope I can find something to talk about. ;)

<http://wqxq.tunegenie.com/listenlive/#/#/#/wqxq.tunegenie.com>

Like · Comment · Share

Leena Carney-Lievaart, Joyce Lakey, Thomas T. Cat and 3 others like this.



**Monika Reis** I am on this: kitchen timer is set...louder than cell phone timer.  
September 21 at 6:41am



**Monika Reis** Drank my tea & heard ja loud & clear. I hope his listeners sign change.org as well as order those t's.  
September 21 at 7:21am



**Nate Steele** Good interview. You'd think CFA would have their PR team kissing your ass by now. Also, I like the kale marriage idea - maybe a spoof of that will show up on the interwebs.  
September 21 at 7:25am · 1



**EatMoreKale.com** shared a link.  
September 20

I'm talking to the BEEJ at 10EST, 9CST tomorrow FRIDAY AM! Coming atcha EVANSVILLE, IND and surrounding counties and the World, if you wanna listen to QQQQQQQQQ Q-102!!!!!!!!!!!!!!  
Listen if you wanna. ;) Talk to you soon BEEJ.



**Brian Jackson » Q102**  
www.myqmix.com

Beej has been a media icon in Q102land for over 30 years. He has brought back his radio talents this past Febuary for a second stint at

Like · Comment · Share

Mickie McClain, Tara Marie Swanson Hintz and Erin Spivey like this.



**Bo Muller-Moore** <http://www.myqmix.com/> listen online



**Q102 » Today's Best Music**  
www.myqmix.com

Classy Consignments 123 W. 2nd Street, Owensboro 25% off Clothing for the durati...[See More](#)

September 20 at 7:32pm



**EatMoreKale.com** shared a link.  
September 20

Vermont's Progressive Policies have led to a 4% increase in income ( the only state to do so).  
Dang Moderates, Liberals, Progressives, Greenies and Unions! ;)



**Fewer U.S. states show income drop, Vermont's up: Census**  
www.reuters.com

WASHINGTON (Reuters) – Median household income dropped in fewer U.S. states last year than in 2010, with 18

Like · Comment · Share

1

Laura Anne Parker, Suzanne Dyer Rebert, Karen Franks and 69 others like this.

[View all 5 comments](#)



**Daemmon Hughes** It must be Obama's fault! ..oh, wait, um..  
September 20 at 6:44pm · 1



**MaryLou Judas** proud of our state  
September 20 at 6:49pm



**EatMoreKale.com** shared a link.  
September 19

According to todays news. Chick-fil-A is re-evaluating the multimillion-dollar donations the company gives to anti-gay marriage activists and other groups with "political agendas," a month after company CEO Dan Cathy's pro-traditional marri...[See More](#)

**The Cathy Family | Connect with the Cathy Family**  
www.cathyfamily.com

Do you have something to share? Please take a moment to fill out the form below. We love connecting with people and look forward to hearing from you, however this forum is not intended for



**EatMoreKale.com**  
September 20

Ben Sarle ( a big time photog) took some pics of me last week. Here's a pic of my family jumping into the action. They are blocking my beauty. ;)



Like · Comment · Share

Elizabeth Jones, Janet Poeton, Lucy Basa and 160 others like this.

[View all 13 comments](#)



**Nicki Varnadore Mayhew** This is my favorite! Showing all the love!  
September 21 at 4:53am



**Elizabeth Jones** Wonderful family photo!!  
September 21 at 3:49pm



**EatMoreKale.com** shared a link.  
September 20

Worth Skis...a Vermont Made Ski company is making limited edition EAT MORE KALE skis. You can order your custom skis via this link. Are you the ultimate Kale fan?.....Time for some state of the art skis. Thanks to the Guys at Worth. Honored.

**KALE!!!! A Worthy Cause... - Worth Skis**  
worthskis.com

Vermont artist and t-shirt screener extraordinaire Bo Muller-Moore has been hand screen-printing his signature Eat More Kale logo t-shirts in Vermont's Northeast Kingdom for years. Recently, fast-food giant Chick-Fil-A set their trademark attorney after Bo,

Like · Comment · Share

1

Mercy Sheehan, Rob MacCormick, Adrienne Almeida and 27 others like this.



**Worth Skis** We're happy to help this Worthy Cause out in any way possible!!  
September 20 at 4:44pm



**EatMoreKale.com** shared a link.  
September 19

Chick-Fil-A has not backed down on their attempt to block