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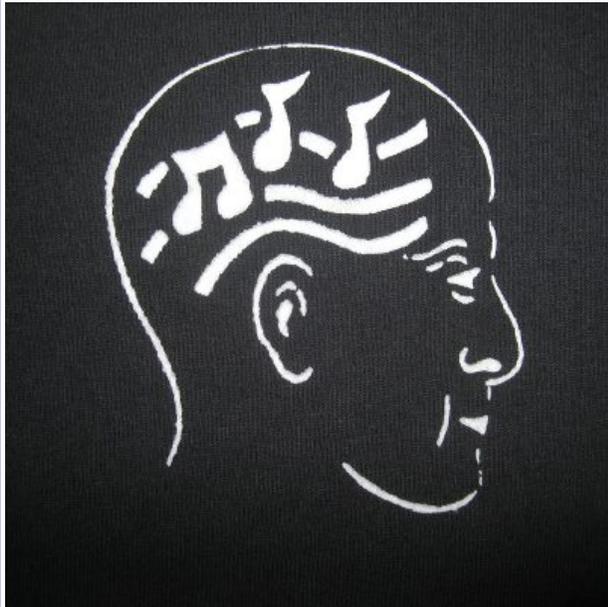
Richard Generazio, Jeff Ffej Karp, Hugh Snyder and 9 others like this.

View all 151 comments



**EatMoreKale.com**  
September 16

Shirt of the WEEK. Now-next Sunday 7pm EST. MUSIC HEAD. Limited edition. Get yours now. eatmorekale.com. Like music or know someone who does? Don't Snooze and Loose. A week will fly by. Make More Music.



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11

Anna Geller Elfenbaum, Teri Plata Slade, Peggy Knupp and 57 others like this.

View all 8 comments



**Caryn Woodward** this is cool, but....I sure hope people don't get this mixed up with the MUSIC MAN  
September 16 at 6:31pm

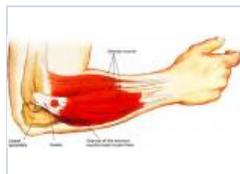


**Brian Murphy** I love that shirt.  
September 17 at 5:41am



**EatMoreKale.com** shared a link.  
September 14

Contest Time: Get all 3 correct to be in the drawing for a free EAT MORE KALE T-shirt. Drawing 2pm EST SAT. I'm finally learnin' how to play the banjo. True or False? Cause of t-shirt printin'..I've got "tennis elbow". True or False? I gotta admit..I stood in a long ass line for a "Tickle Me Elmo". True or False? Lay it on me.



**Printin' Elbow?**  
massagetherapy.careerpathblog.com

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Kristin Elsenbeck, Mary Ellen Abramson McPhee, Joanne Starkey and 8 others like this.

View all 130 comments



**Michelle Pitzner** Awesome!!  
September 16 at 6:44pm



**Janet Poeton** your shirts are everywhere !!!  
September 17 at 6:18am



**Lisa Perry** awesome kid!  
September 18 at 6:12pm



**EatMoreKale.com**  
September 15

Robbin McEnany wins a FREE Eat More Kale t-shirt. Her name was drawn from those of you who guessed correctly. False, I'm NOT learning to play the banjo, TRUE I do have some "tennis elbow" issues and NO I have not stood in a long ass line for a tickle me Elmo. Congrats Robbin. Now contact me with your size and address. Bo@eatmorekale.com. Thanks for the fun.

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Shanley McEnany, Thomas T. Cat, Kristie Jones White and 4 others like this.

View all 5 comments



**Thomas T. Cat** i finally got all 3 right, but no luck of the draw!! congrats Robbin!  
September 16 at 7:32am



**Robbin McEnany** Thanks all!  
September 18 at 6:13pm



**EatMoreKale.com** shared a link.  
September 15

Contest Time: Get all 3 correct to be in the drawing for a free EAT MORE KALE T-shirt. Drawing 2pm EST SAT. I'm finally learnin' how to play the banjo. True or False? Cause of t-shirt printin'..I've got "tennis elbow". True or False? I gotta admit..I stood in a long ass line for a "Tickle Me Elmo". True or False? Lay it on me.



**Tickle Me Elmo**  
img.timeinc.net

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Jeanne Roberts, Erin DaSmith and 2 others like this.

View all 54 comments



**EatMoreKale.com** shared a link.  
September 13

Movie Update: Doc film in full swing. 250hrs of film! Here's a MICRO version of the film. (ignore the kickstarter plea. ;) look for the film in a theater near you next spring/summer. Time will FLY! ( should i say..Art theater near you? ) ;)



**A Defiant Dude, Chick-fil-a documentary in progress**  
www.youtube.com

T-shirt artist Bo Muller-Moore defies Chick-fil-a, a multi-billion dollar fast food chain, when they lay claim

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14



**EatMoreKale.com**  
September 13

Making a Movie is fun. My director, Jim Lantz, and a local photog phenom, Ben Sarle ( Burlington's "hippest hipster") came to my house for a photo shoot today. I hope the camera is able to capture my "true beauty". ;)



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Dawn Curry Deeb, Kathy Simpson Hues, Jo Hammond and 87 others like this.

View all 6 comments



**Demery Hatfield Heffern** So exciting!  
September 13 at 12:35pm



**Linda Lee Bickford** Looks good! Can't wait to see the finished product!  
September 15 at 7:34am



**EatMoreKale.com** shared a link.  
September 11

Contest Time: Get em all correct to be in the drawing for a free Eat More Kale t-shirt. Drawing High Noon Weds EST. If my studio gets HOT enough, I will and do print while naked as a jay bird. True or False? When it comes to Comic

...See More



**Comic Book Nerd.**  
www.g33kpron.com

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Kerry Fletcher, Laura Malone-McEnerney, Whitman Tinker and 2 others like this.

View all 119 comments



**EatMoreKale.com**  
September 10

FROG MANDALA: NEW SHIRT OF THE WEEK: It's for all of us

Teri Plata Slade, Amber Reddinger, Debi McCracken and 46 others like this.

View all 4 comments



**Lindsey Elizabeth Katerberg** i am really looking forward to the release & viewing of this film!  
September 14 at 4:23am



**Janet Purvis Hurst** Love it! Don't back down.  
September 14 at 6:16am · 1



**EatMoreKale.com**  
September 12

Nate Steele wins a free EAT MORE KALE t-shirt. Contact me Nate with your address and size. Bo@eatmorekale.com Nate's name was drawn from those of you who guessed correctly. I DO NOT print t-shirts naked as a jay bird ( in my shorts only, but no more naked than that), I am NOT a comic book or collectible toy nerd (not that there's anything wrong with that), finally, Kale is not the Vermont State Veggie and I've not heard that it will be. ;) Congrats Nate. More Contests to come.

Like · Comment · Share

Roxanne Hancock, Sket Young, Mary Ellen Abramson McPhee and 5 others like this.



**Paul Griffith** Three nays. Pretty tricky.  
September 12 at 11:05am · 1



**EatMoreKale.com** I'm Tricky Paul..you know that. ;) ( me and my drums miss you)  
September 12 at 11:06am



**Kristie Jones White** Congrats, Nate!!  
September 12 at 1:13pm



**EatMoreKale.com** shared a link.  
September 12

Contest Time: Get em all correct to be in the drawing for a free Eat More Kale t-shirt. Drawing High Noon TODAY EST. If my studio gets HOT enough, I will and do print while naked as a jay bird. True or False? When it comes to Comic Books and toy collectables, I'm a bit of a nerd. True or False? Vermont is planning on officially making KALE the State Veggie, at least that's what I just heard. True or False? Lay it on me.



**naked as a jay bird**  
www.clipartguide.com

Like · Comment · Share

Mike John Giamalva, Tina Carson and 2 others like this.

View all 75 comments



**EatMoreKale.com** shared a link.  
September 10

My Cousin, Hannah Teter, is up to some Big Things (again). This time she's planning on making a movie about snowboarding in IRAN with riders from Iran and around the world. She didn't ask me to go...she must know that I'm busy in my studio. ;) Go Big TETER clan.

FROG LOVERS. 6 days to get yours. If you snooze you'll loose. eatmorekale.com.



Like · Comment · Share

12

Sindy Scott Pierce, Burlington College, Brook Duncan Robinson and 62 others like this.

View all 16 comments



**El Rey Mateo** Beautiful design. I'm also interested in the turtle shirts ...

September 10 at 2:34pm



**Janet Seigendall Sterzen** M C Esher would be proud. I love your new design.

September 10 at 6:01pm



**EatMoreKale.com**  
September 9

LAST DAY FOR "STRINGED": New Shirt of the Week coming tonight. If you want my ode to stringed instruments...better get it today..cause tomorrow it'll be gone. eatmorekale.com ( this one was a big seller this week..thanks ya'll)



Like · Comment · Share

Annelies McVoy, Thomas T. Cat, Mike John Giamalva and 5 others



Snowboard film **Boarders Without Borders** takes Hannah Teter and gabi Viteri to Iran – ESPN  
espn.go.com

Hannah Teter to go snowboarding in Iran in Boarders Without Borders

Like · Comment · Share

Alexander Lorenz, Samantha Cofino, Kelly McCracken and 7 others like this.



**EatMoreKale.com**  
September 9

NEW SHIRT OF THE WEEK: It's for all of us FROG LOVERS. 7 days to get yours. If you snooze you'll loose. eatmorekale.com. My model the FROG does not look happy in this pic..but he is. Believe me.



Like · Comment · Share

Food Works at Two Rivers Center, Norn Cutson, Isopods as Sustainable Food and 33 others like this.

View all 9 comments



**Maryann Firmes Ridino** I just saw an eat more kale shirt on a Healthy Choice frozen dinner commercial!

September 9 at 6:55pm



**Carol Taylor** I want one too.

September 9 at 8:51pm



**EatMoreKale.com**  
September 7

You can get your own CITIZEN shirt at eatmorekale.com now if you'd like. You can get Two if you'd Like. I'm easy.

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.

September 9 at 6:24am · 1



**EatMoreKale.com**  
September 7

I'm Pro CITIZEN. I'm most likely going to put this shirt on my website for sale later today. Thanks for the feedback.



Like · Comment · Share 2

Susan Nugent, Sarah Lawrence Hinson, Bernadette Session and 113 others like this.

[View all 14 comments](#)



**Gail Edington** Want one, too!  
September 7 at 10:08am



**Morgan W. Brown** "The most important political office is that of private citizen."  
-- Louis D. Brandeis  
September 7 at 11:18am · 1



**EatMoreKale.com**  
September 6

Once again my young son is helpin' me in "quality control". Printed pro BOno a butt load of shirts for Montpelier's 4th annual Growin Local Fest. Glad to be a tiny bit of an AWESOME food/music fest. I'm lucky to have Jr.'s help.



Like · Comment · Share 3

Pamela Andreasen Cowperthwaite, Nina Zaneta, Tamzan LaBarron and 31 others like this.

[View all 7 comments](#)



**Candia Candela Lord** I'm always playing your contests...& never win..I try though...just can't afford to buy a shirt ...but I'd like one. :-(  
September 7 at 1:22pm



**Deborah McHenry Goodwin** Citizen Kale? ( rosebud...)  
September 7 at 6:14pm



**EatMoreKale.com**  
September 6

I'm Pro Citizen...not so much Pro Corp.



Like · Comment · Share

Laurie Henderson Jackson, Amelie Jolie, Emily Glick and 238 others like this.

[View all 26 comments](#)



**Michael Lawrie** Love both Citizen and Citizen Kale. I'll send money!  
September 7 at 4:35am · 4



Like · Comment · Share

Isopods as Sustainable Food, Elizabeth Charbonneau, Piper Miles and 122 others like this.

[View all 12 comments](#)



**Karen Philipp** :oD  
September 7 at 4:24am



**NYC Market Eats** Love the new shirt!  
September 7 at 9:50am

Activity  
September

People Who Like This

109



**Jessica 'Bivins' Bernard** I'll take 3, please.  
September 7 at 5:24am



**EatMoreKale.com**  
September 6

Back In Black. Good news for people who like Black T-shirts...EVERY DESIGN on eatmorekale.com is now offered in Black. Adult short sleeve only. I'm off to the studio to print some black tees. ;)



Like · Comment · Share

Elizabeth Charbonneau, Shimasani Sunflowers, Danielle Pollock and 45 others like this.

[View all 5 comments](#)



**Sandy Mathiesen** YAY! Hoodie in black, coming soon?  
September 6 at 12:02pm



**Emily Blue Wiezalis** bring back the "backin' barack" as a weekly special!  
September 6 at 1:52pm