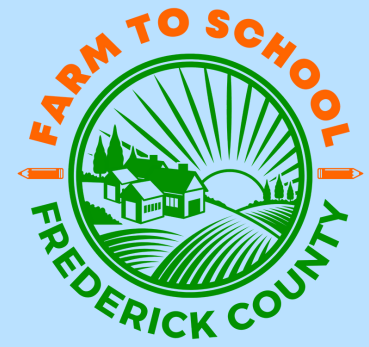
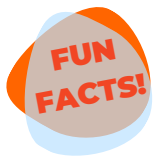


HARVEST OF THE MONTH

F2SFREDERICK.ORG



KALE



Kale is a dark leafy green chock-full of nutrients! This hardy plant grows best during the cooler months, and comes in a variety of colors. Leaves vary in color and texture, ranging from green and soft to purple and curly. Did you know that kale is part of the cabbage family, just like broccoli and brussel sprouts?

NOTABLE NUTRITION

Kale is an excellent dietary source of:

Vitamin A, Vitamin C, and Vitamin K. To learn more, check out our other Harvest of the Month materials for sweet bell peppers, turnips, and broccoli!

Kale also contains smaller amounts of calcium, Vitamin B6, and potassium, as well as trace minerals like copper and manganese. Besides vitamins and minerals, kale contains fiber for gut health and antioxidants that help to protect against chronic diseases. Kale is also low in calories, making it a great way to increase nutrient density in your diet!

READING ROOM

- 1 "How Groundhog's Garden Grew" by Lynne Cherry; Grades K-2
- 2 "Up in the Garden, Down in the Dirt" by Kate Messner; Grades 3-5; Available at Frederick County School Libraries.

HOMEGROWN VARIETIES

All varieties of kale grow well in the mid-atlantic region. Kale likes cool weather, so plant in the spring or fall. Try overwintering as well for fresh greens during the cold months.

LINK TO LEARNING!



Build a Seasonal Food Chart

In this activity, teachers review the Maryland Farm to School [seasonal growth chart](#) with students and point out which months a few specific foods grow in, and review which months belong to which season. Students then create their own seasonality chart posters.

Visit the [FRESHFARM FoodPrints website](#) for the [FREE The Winter Garden lesson plan](#); (Grades K-2).

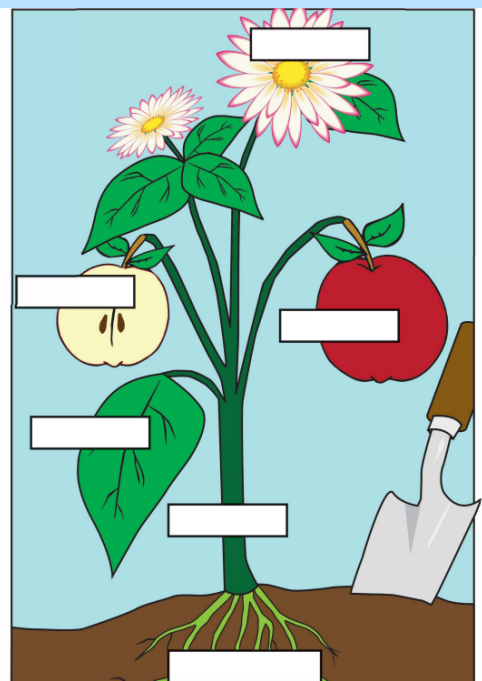
Meets National Standards:
Common Core ELA: RI.1.7, SL.1.1, SL.1.5

Identify Parts of the Plant Activity

Have the students label the different plant parts on their handout.

Visit the University of Maryland Extension SNAP-Ed program website for the [FREE Parts of the Plant We Eat](#) lesson in the Growing Healthy Habits Curriculum; (Grades 3-5).

Meets National Standards:
Specific curriculum objectives not provided. The GHH lesson plan should be tailored to meet the goals and objectives of the teacher.



USDA DAILY VEGETABLE RECOMMENDATIONS

CHILDREN

2-4 YRS 1 - 2 CUPS
5-8 YRS 1.5 - 2.5 CUPS

GIRLS

9-13 YRS 1.5 - 3 CUPS
14-18 YRS 2.5 - 3 CUPS

BOYS

9-13 YRS 2 - 3.5 CUPS
14-18 YRS 2.5 - 4 CUPS