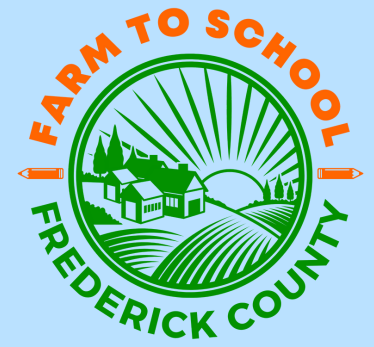


HARVEST OF THE MONTH

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 brussels 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!

PICK, STORE, PREPARE

Choose kale that feels crisp and has a fresh smell. Reject any bunches with yellowing, limp leaves or an unpleasant odor.

Kale should be stored in the vegetable bin in your refrigerator or in a dry, plastic bag for up to two weeks.

There are so many ways to prepare kale! Remove the stem when eating kale raw, it can be very bitter. Chopped kale adds a bright flavor to soups and stews. For a tasty crunch, try making kale chips in the oven.



LET'S EAT!

Have your child taste different kale varieties with a low-fat dressing and vote on their favorite.

Run a “Crunchtastic Kale Chips” taste test. Check out our partner University of Maryland Extension SNAP-Ed's Eat Smart website for the [Crunchy Kale Chips](#) recipe!

MYPLATE RECIPE

Simple Green Smoothie

Makes: 2 servings Preparation Time: 10 min

Ingredients:

- 1 cup kale
- 1 banana, medium
- 1 cup low-fat milk
- 1 cup plain yogurt
- 1 apple, medium (cored and sliced)
- 1 cup frozen fruit (single or mixed)

Directions:

1. In a blender, blend kale and the liquid of your choice.
2. Add in the rest of the ingredients, blending after each item.
3. Serve and enjoy, cold.



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