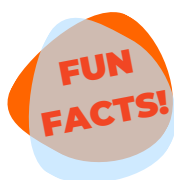


# HARVEST OF THE MONTH

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## 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!

### LET'S EAT! CAFETERIA CONNECTIONS

1

Offer kale as both a hot or cold dish on the service line.

2

Serve raw or crispy kale on the salad line.

3

Make kale your featured vegetable-of-the-day with a fun name, like "Kalelicious salad."



## TASTE TEST IDEAS

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

Run a “Crunchtastic Kale Chips” taste test. Run a taste test with our partner, UME SNAP-ED and let students try [Crunchy Kale Chips!](#)

## 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.



## 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 - 2 CUPS

14-18 YRS 2.5 - 3 CUPS

### BOYS

9-13 YRS 2 - 3.5 CUPS

14-18 YRS 2.5 - 4 CUPS