

Harvest of the Month



November



Kale



Pick:

- Look for kale with deeply colored leaves and moist stems. Avoid kale with wilted leaves.

- Choose kale with smaller-sized leaves since these will generally be more tender and have a more mild flavor.

Store:

- Kale can be stored unwashed in a plastic bag in the refrigerator for several days.

- The longer it is stored, the more bitter its flavor becomes.

Prepare:

- Remove the tough center stalk and rinse under cold water before using.

Nutrition Info

One cup of kale has 35 calories and provides vitamins A & C, calcium and potassium.

Fun Facts

Kale actually tastes sweeter after it is frozen or exposed to frost! Look for it at fall or winter farmers' markets for best flavor.

Kale can be green, white, reddish green, purple, or bluish green and the leaves can be many shapes depending on variety.

Curly kale is the most popular variety, and is most likely to be found in grocery stores. Look for other varieties like Lacinato (or Dino) kale or Red Russian at farmers' markets!

Uses

Substitute kale in recipes that use spinach or collard greens or add chopped fresh or frozen kale to vegetable or bean soups.

Kale can be used to make a green smoothie! Remove the stems from kale leaves, and blend with frozen fruit, yogurt and milk.

Farm2School Updates

Did you know that Wednesday, November 15th is the Wisconsin Chili Lunch? Schools, preschools, daycares, hospitals, worksites and other organizations across Wisconsin will be serving Farm2School Chili.

This delicious dish is minimally processed and is made with hearty beans and local veggies that were frozen during their peak season. Find the recipe on the back page and give it a try at home!

Farm2School Chili was originally developed by our Coulee Region Farm2School Program and is now being used statewide!

Creamy Sausage and Kale Soup:

Serves 10

Ingredients:

2 Tbsp. extra-virgin olive oil, divided
1 pound Italian sausage (remove casings)
4 carrots, chopped
½ red onion, diced
4 garlic cloves, minced
1 (28 oz.) can fire roasted diced tomatoes
8 cups chicken stock
4-5 cups diced kale
1 cup half and half
1 cup whole wheat pasta (rotini or other small shape)
freshly grated parmesan
salt and pepper to taste

Ingredients:

Heat 1 Tbsp. oil in a large pot over medium-high. Add the sausage and cook until browned. Remove from the pan and set aside. To the pan, add the remaining oil along with the carrots and onions. Sauté about 6 minutes, until they begin to soften. Season with a pinch of salt and pepper. Add the garlic and sauté another 30 seconds.

Add the tomatoes, stock, kale, pasta and the reserved sausage. Bring to a boil, then reduce the heat to a simmer for about ten minutes, wilting the kale. Add the half and half and simmer for few more minutes. Taste and add salt and pepper if needed. Sprinkle with parmesan and serve.

For more information on Farm2School visit: www.laxF2S.org.

BONUS RECIPE: Farm2School Chili

Serves 11

Ingredients:

1 Tbsp. extra virgin olive oil	1 ¾ cups frozen corn
1 cup diced onions	2 (14.5 ounce) cans diced tomatoes, undrained
¾ cup diced carrots	1 (15 ounce) can black beans, undrained
¾ cup diced celery	1 (15 ounce) can kidney beans, undrained
1 tsp. granulated garlic (or garlic powder)	1 Tbsp. ground cumin
1 Tbsp. chili powder	½ Tbsp. dried oregano
1 cup diced green bell pepper	½ Tbsp. dried basil
1 cup diced red bell peppers	½ tsp. salt
1 ½ cups diced mushrooms	shredded cheddar cheese

Directions:

Heat olive oil in a large pot over medium heat. Add onions, celery and carrots and sauté until tender. Stir in the bell peppers, garlic powder and chili powder. Cook about 6 minutes. Stir in the mushrooms and frozen corn. Cook about 5 minutes and test to make sure all vegetables are tender. Add cooking time if needed. Stir in tomatoes, kidney and black beans. Season with oregano, cumin, basil and salt. Bring to a boil and reduce heat to medium. Cover and simmer for 20 minutes, stirring occasionally. Serve warm, topped with shredded cheddar cheese!

Chili Nutrition Facts (per 1 cup serving):

150 calories, 2 g fat, 7 g protein, 27 g carbohydrate, 7 g fiber, 275 mg sodium