

# Harvest of the Month



April



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 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.

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 or juice.

## Family Friendly Activities

Did you know that your plate should be filled with fruits and vegetables of all different colors of the rainbow? Name all the different colors of the rainbow and pick 2 fruits and 2 vegetables to go with each color! Have your child make a chart to show the colors they've eaten!

Play a game and have each family member keep track of the number of different vegetables they eat in one week. The winner, the one who has the greatest variety, gets to choose a family activity for the weekend.

## Sweet Kale Salad

Serves 6

### Nutrition Facts

Serving Size (221g)  
Servings Per Container 6

Amount Per Serving

Calories 210    Calories from Fat 60

% Daily Value\*

Total Fat 7g    11%

Saturated Fat 1g    5%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 55mg    2%

Total Carbohydrate 33g    11%

Dietary Fiber 6g    24%

Sugars 19g

Protein 10g

Vitamin A 180%    •    Vitamin C 230%

Calcium 15%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients:

- 1 large bunch of kale, finely chopped
- 2 cups cabbage, shredded
- 2 cups broccoli, finely chopped
- 2 cups Brussel sprouts, shredded (optional)
- 1 cup endive, chopped (optional)
- ½ cup dried cranberries
- ½ cup pumpkin seeds

### Poppy seed Dressing:

- ½ cup plain Greek yogurt
- 3 Tbsp. honey or maple syrup
- 1 tsp. apple cider vinegar
- ½ lemon, zest and juice
- ½ small orange, juice
- 1 Tbsp. poppy seeds

### Directions:

Add kale, cabbage, broccoli, Brussel sprouts, endive (if using), and cranberries to a large salad bowl. Toast pumpkin seeds in a small skillet on low-medium heat until lightly brown, about 2 minutes. Stir frequently and be careful not to burn. Transfer to the salad bowl. In a small bowl, add the poppy seed dressing ingredients and whisk or shake to combine. Pour over salad, gently stir and serve.

For more information on Farm2School visit: [www.laxF2S.org](http://www.laxF2S.org).

Color Kale!

