

HARVEST OF THE MONTH
 NEWSLETTER 10/2020


OCTOBER
KALE
FUN FACTS

- Kale tastes sweeter after it is frozen or exposed to frost!
- Kale can be green, white, reddish green, purple, or bluish green and the leaves can be different shapes.
- Curly kale is the most popular variety found in grocery stores.

NUTRITION INFO

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

PICK

Look for kale with deeply colored leaves, moist stems and no wilted leaves. Smaller leaves will generally be more tender and mild in 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 the flavor becomes.

PREPARE

Remove the tough center stalk and rinse well under cold water before using. Pat or spin dry.

USE

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 green smoothies too! Remove the stems and blend with frozen fruit, yogurt and milk.


Apple Kale Slaw

Serves 10

Ingredients:

- 5 cups kale
- 3 apples, diced
- ¾ cup shredded carrots
- 6 oz Greek yogurt, plain, nonfat
- 3 Tbsp. Dijon mustard
- 3 Tbsp. cider vinegar
- 2 Tbsp. honey
- ½ tsp. salt
- ¼ tsp. pepper
- 1 ½ tsp. lemon juice

Directions:

Remove tough center stalk from kale and chop leaves into ½ inch pieces. Leave skin on apples and dice.

In a large bowl, combine chopped kale, apples and carrots. In a small bowl, stir together yogurt, mustard, vinegar, honey, salt, pepper and lemon juice. Pour dressing over kale mixture and stir well. Refrigerate at least 1 hour before serving.

Per Serving (1/2 cup): 70 calories, 0g fat, 0g saturated, 2g protein, 16g carbohydrate, 2g fiber, 240mg sodium

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