

# Harvest of the Month



October



Kale



## Pick:

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

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! Combine chopped kale leaves with frozen fruit, yogurt and milk or juice. Blend well!

## We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate! *Each month we'll ask a new question...and give you a new chance to win!*

## Here's This Month's Question:

This month, candy is front and center on store aisles as Halloween approaches. During this season, do you or your family have any special tricks or treats for keeping fruits and veggies front and center for meals and snacks?

## To Enter:

Answer this month's question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month's drawing, please send your response no later than October 31<sup>st</sup>, 2013 by e-mail to [HOMstories@lacrossecounty.org](mailto:HOMstories@lacrossecounty.org) or send us a facebook message at [www.facebook.com/GetActiveLaCrosseCounty](http://www.facebook.com/GetActiveLaCrosseCounty)

