October  Kale

Nutrition Info
One cup of kale has 35 calories.
Kale 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 kale or Red Russian at farmers’ markets!

Uses
Substitute kale in recipes that use spinach or add chopped 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
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.
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!

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 kale is stored, the more bitter its flavor becomes.

Prepare:
• Remove the tough center stalk and rinse under cold water before using.

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The Harvest of the Month is a partnership between La Crosse County Health Department’s Foot Steps to Health initiative, the La Crosse County Farm2School Program, area school districts and the community. Funding for this project was provided by the UW School of Medicine and Public Health from the Wisconsin Partnership Program.
### Kale and Quinoa Minestrone

**Serves 8 (2 cups per serving)**

**Ingredients:**
- 1 onion, diced
- 2 stalks celery, diced
- 3 carrots, diced
- 2 garlic cloves, minced
- 2 Tbsp. olive oil
- 5 cups fresh seasonal vegetables (zucchini, green beans, bell peppers)
- 1 (28 ounce) can crushed tomatoes
- 8 cups low-sodium vegetable broth
- 1 (15 ounce) can chickpeas, drained and rinsed
- Italian seasoning, salt and pepper, to taste
- 1 cup quinoa, rinsed
- 2 cups kale, chopped with stems removed

**Directions:**

In a large soup kettle, sauté onions, celery, carrots and garlic in oil until soft. Stir in fresh vegetables and cook for 3 minutes. Add tomatoes, broth, chickpeas and seasoning; bring to a boil. Lower to medium heat and cook for 20 minutes. Add quinoa and cook for an additional 20 minutes. Add kale and cook for 3 more minutes or just until kale is tender.

*For more information on Farm2School & Foot Steps to Health visit: [www.GetActiveLacrosse.org!](http://www.GetActiveLacrosse.org)*