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!

Farm2School Updates
Hillview Urban Agriculture Center’s 3rd Annual Bountiful Gardens Tour will be held on Saturday, July 22, from 10 a.m. to 2 p.m. The tour features 13 vegetable gardens in La Crosse including the Hamilton/SOTA-GROW La Crosse School Garden. GROW La Crosse, a local non-profit, has developed and maintained the garden while also providing quality programming for 300 students at the school. The garden features a wide range of organic gardening techniques and provides experiential learning opportunities for children. Many of the Harvest of the Month vegetables are planted in the school garden and are harvested and utilized in the cafeteria or in garden taste test lessons and snacks.

For more information about the Bountiful Garden tour and where to buy tickets visit: www.hillviewuac.org.
Pan-fried Kale
Serves 4

**Ingredients:**
- 1 large bunch of kale
- 2 Tbsp. olive oil
- 5 cloves garlic, minced
- salt and pepper to taste

**Directions:**
Thoroughly rinse the kale in cold water, soaking if necessary to remove grit. Remove stems, discard and tear the kale into chunks. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and quickly stir it around to avoid burning. Toss in the kale and use tongs to move it around the skillet. Sprinkle in salt and pepper and continue cooking until slightly wilted but still crisp, about 1 to 2 minutes. Remove the kale and serve! This garlicky kale dish can also be added to pasta dishes, used as a pizza topping or mixed into tacos!

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